



USA

OCTOBER 12, 2015
ISSUE #41

Julia Christie Jen

Beauty Special
**CELEBRITY SECRETS
FOR STAYING
YOUNG!**

PLUS
**HOLLYWOOD'S
ANTI-AGING
MIRACLE**



P.62

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COMEBACK KID

Nick Carter's putting his troubles behind him and shining bright on *Dancing with the Stars*.



38

HIGH FLYER
Megastar Taylor Swift's amassed a not-so-small fortune. Check out what she spends it on.

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STARTING IVF!

CAMERON DIAZ HAS SECRETLY BEGUN FERTILITY TREATMENTS AND IS HOPING TO BE PREGNANT BY HER AND BENJI MADDEN'S FIRST ANNIVERSARY

When it came to dreams of motherhood, **Cameron Diaz** played it cool for decades, brushing off the topic: "I could end up the next **Octomom**, who frickin' knows!" she once said, adding, "Honestly? We have plenty of people on this planet."

But ever since falling in love with rocker **Benji Madden** — and surprising everyone by marrying him in January, after eight months of dating — sources say the actress is on the family-planning fast track.

"Having a baby is all she talks about!" claims an inside source, who says that Cam, who recently turned 43, has already begun IVF treatments. "Cameron is very open-minded — she even tried bathing in Aboriginal waters in Australia to boost fertility, which she heard about from **Nicole Kidman**. Unfortunately it didn't work, so now she's turned to IVF."

VANITY PROJECT

The invasive procedure, which has flooded Cam with hormones, has already taken a toll on her famously svelte physique. On a Sept. 22 lunch date with sister-in-law **Nicole Richie**, her face was noticeably puffier, and she kept her jacket tightly cinched with her fist — apparently to help hide some unwelcome bloat (right). The next day, while shopping with Benji, 36, Cam wore an uncharacteristically loose-fitting



Benji posted this snap on Cam's Aug. 30 birthday, calling her his "best friend."

top and shielded her face from photographers with her hands.

"IVF can cause the appearance of bloat," says Dr. Andrea Fernandez, an ob-gyn at Wake Forest Baptist Medical Center in North Carolina, who hasn't treated Cameron. "Women in their late 30s and early 40s are more sensitive to the process and can have greater swelling." But a few side effects won't derail Cameron from the bigger picture. "This is a trying time for Cam," says an insider. "But she's totally committed to making this pregnancy happen."

OK!



CELEBRITIES' IVF SUCCESSES

COURTENEY COX

After suffering several miscarriages, Courteney resorted to IVF and gave birth to daughter Coco in June 2004, two days before her 40th birthday.



KIM KARDASHIAN

Kim endured a terrible pregnancy with North, 2. But that didn't stop her from forging ahead with baby No. 2, who is due in December, thanks to IVF.



CELINE DION

The singer, 47, had son René-Charles, 14, via IVF. Nine years later, it took six rounds for then 42-year-old Celine to conceive twin sons Nelson and Eddy.



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KYLIE'S DANGEROUS LIFE

Kyrie Jenner has skyrocketed to fame, but it seems her security detail is having trouble keeping up. The 18-year-old reality star has been at the center of a number of troubling incidents recently, prompting concern among her family members. "Kylie likes associating with bad boys and thinks she's invincible," says a source close to the Kardashian clan. "But her family is well aware of how fame can attract the wrong people."

How wrong? On Sept. 14, a known

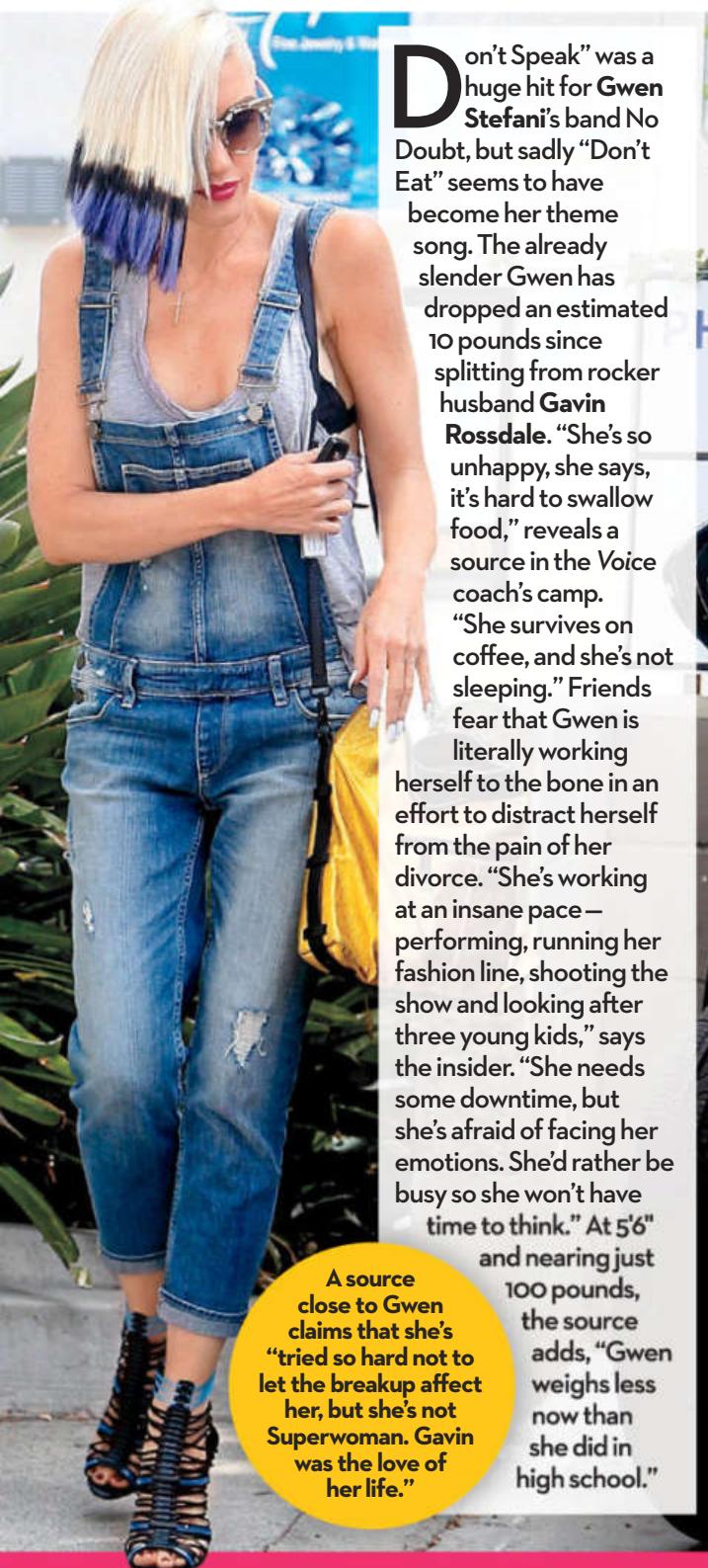
gang affiliate who calls himself Allah brought a gun to a *Galore* magazine event Kylie hosted in New York City. The careless young man even bragged about the mishap on social media: "Oh & @Souljaian had me in [the] Kylie Jenner party last night with the pistol.... Forgot I even tucked it. Oops."

Even more frightening was the attack Kylie suffered at **Chris Brown's** gig in Anaheim on Sept. 18. As the starlet made her way through the crowd, an overzealous fan grabbed a fistful of her greenish-blonde coif, violently yanking

her head back. Luckily, bodyguards were on hand — but the incident didn't seem to scare any sense into Kylie.

"She thinks the 'thug life' is cool," says the insider, who says that Kylie's 25-year-old boyfriend, **Tyga**, is largely responsible for immersing her in this less-than-savory crowd. "Kylie puts on a grown-up front, but she's still essentially a kid, and the people she's hanging out with are no joke. She's going to have a lot more to worry about than having her hair pulled if she keeps hanging out with this crew."

GWEN SCARY SKINNY!



A source close to Gwen claims that she's "tried so hard not to let the breakup affect her, but she's not Superwoman. Gavin was the love of her life."

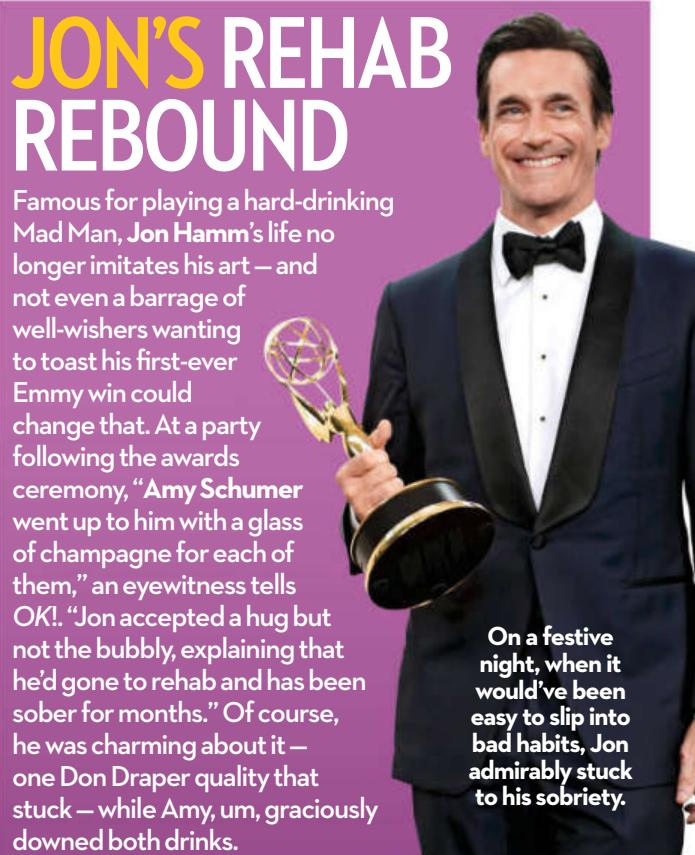
Don't Speak" was a huge hit for Gwen Stefani's band No Doubt, but sadly "Don't Eat" seems to have become her theme song. The already slender Gwen has dropped an estimated 10 pounds since splitting from rocker husband **Gavin Rossdale**. "She's so unhappy, she says, it's hard to swallow food," reveals a source in the *Voice* coach's camp. "She survives on coffee, and she's not sleeping." Friends fear that Gwen is literally working herself to the bone in an effort to distract herself from the pain of her divorce. "She's working at an insane pace—performing, running her fashion line, shooting the show and looking after three young kids," says the insider. "She needs some downtime, but she's afraid of facing her emotions. She'd rather be busy so she won't have time to think." At 5'6" and nearing just 100 pounds, the source adds, "Gwen weighs less now than she did in high school."

COURTENEY'S WEDDING MAKEOVER

Courteney Cox is no stranger to Botox, but lately she and Hollywood's favorite quick fix seem to have become close friends! The 51-year-old actress has been looking extra puffy and line-free—and sources say she has no plans to let up on the cosmetic work, thanks to her imminent wedding to rocker **Johnny McDaid**, who's 12 years her junior. An insider tells *OK!* that Courteney's planning a \$100,000 round of procedures, including "a mini face-lift, peels and laser treatments." She's also reportedly contemplating a "contour thread lift," in which threads are inserted in the face to string it up. Says the source: "Johnny doesn't even know how much work she has done, but it's extreme."

JON'S REHAB REBOUND

Famous for playing a hard-drinking *Mad Man*, **Jon Hamm**'s life no longer imitates his art—and not even a barrage of well-wishers wanting to toast his first-ever Emmy win could change that. At a party following the awards ceremony, "Amy Schumer went up to him with a glass of champagne for each of them," an eyewitness tells *OK!* "Jon accepted a hug but not the bubbly, explaining that he'd gone to rehab and has been sober for months." Of course, he was charming about it—one *Don Draper* quality that stuck—while Amy, um, graciously downed both drinks.



On a festive night, when it would've been easy to slip into bad habits, Jon admirably stuck to his sobriety.

ROSIE'S EX SECRET STRUGGLES



Rosie and Tatum's public lovefest (they hit Palm Beach on Sept. 17, above) has Michelle despondent.



For months, Rosie O'Donnell and her estranged wife, Michelle Rounds, have been fighting over their daughter Dakota, 2. But even though Michelle has claimed that the girl's well-being is her only concern, it appears she may have deeper issues: According to a report, the headhunter was recently rushed to the hospital after a suicide attempt. (She'd checked into a hotel near her Nyack, N.Y., home, the report claims, where she downed "pills and wine.") The nasty custody battle has taken a toll, an insider says. But the real trigger for her desperate act may have been Rosie's reported new romance with actress Tatum O'Neal, who sources say recently moved in with the former talk show host. "The divorce has been painful enough," the insider explains, "but the fact that Rosie has moved on has made it even harder for Michelle."

SJP NO DIETS FOR ME!



You're never too young to have a healthy body image, and Sarah Jessica Parker is passing that motto on to her twin girls. "She refuses to diet," a pal of the *Sex and the City* star says. "She wants to teach Marion and Tabitha that beauty is not about counting calories." Instead, the actress and hubby Matthew Broderick practice clean, organic eating, though they're not above "bad" foods like burgers and pizza on occasion. So how does SJP keep that fab figure? Two-hour workouts, six days a week. Phew!

Sarah Jessica "worries that doing juice cleanses or banning sugar will send the wrong message to her daughters."



Emily Ratajkowski went full diva recently — on her own man! A witness reports that, on Sept. 8, the *Gone Girl* star and her musician boyfriend, Jeff Magid, were enjoying dinner at L.A.'s Bäco Mercat... until the check came.

"Jeff realized he'd forgotten his wallet," says the source. "He checked his pockets and the floor. He even ran out to the car to look." Emily, meanwhile, "sat there with her arms crossed and said, 'You're not serious right now.' Then she just left, with him standing there, humiliated!" Guess she doesn't do dishes.

EMILY DINES AND DASHES



ARMIE PINCHING PENNIES

He may be a successful actor and the descendant of an oil tycoon, but Armie Hammer is a first-class cheapskate! A source tells OK! that the *Man from U.N.C.L.E.* star, 29, is "one of the most frugal people you'll ever meet. He sticks to a strict budget where everything's accounted for, from dish soap to dry cleaning. He even dumped his PR team recently, convinced that he didn't need the expense." Armie's wife of five years, **Lizzy Chalmers**, accepts his cheapness as a quirk for the most part, though she reportedly goes to great lengths to conceal her occasional splurges. "She cuts out labels from her clothes just to avoid a lecture!" tattles the source.

Armie has a reported \$200 million, but "loves to brag about saving money," says a source.

JESSICA'S LUSH LIFE

Viewers stared in disbelief when **Jessica Simpson** seemed three sheets to the wind while trying to promote her clothing line on HSN on Sept. 17. But OK! has learned that her loopy display was no isolated incident. "Jessica showed up for an interview with a major fashion magazine and couldn't answer a single question straight," an industry insider reveals. "She giggled her way through the entire thing and clearly wasn't in the right state of mind." While her handlers routinely deny that Jess shows up inebriated to work functions, those on the scene aren't buying it. "Jessica loves to drink, and she's not afraid to mix business with pleasure," says the source. Sounds like a design for disaster!



A source says a fashion mag reporter suspected Jess was tipsy at a recent interview.

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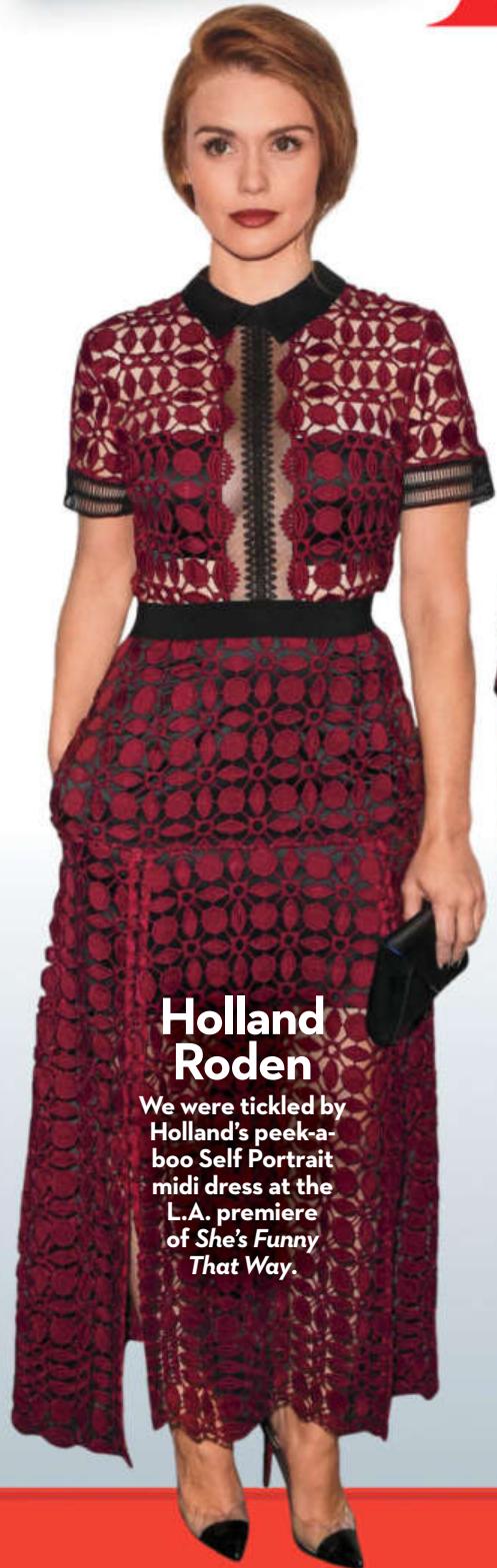
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Red hot on the

STARS EMBRACE AUTUMN

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Holland Roden

We were tickled by Holland's peek-a-boo Self Portrait midi dress at the L.A. premiere of *She's Funny That Way*.



Amanda Peet

Maroon lipstick perfected the *Sleeping with Other People* star's Marc Jacobs look at the movie's premiere.



Sarah Hyland

The *Modern Family* actress was a vision at the Emmy Awards in Zac Posen, complete with Anne Sisuron jewelry.

IN SHADES OF BURGUNDY

CARPET



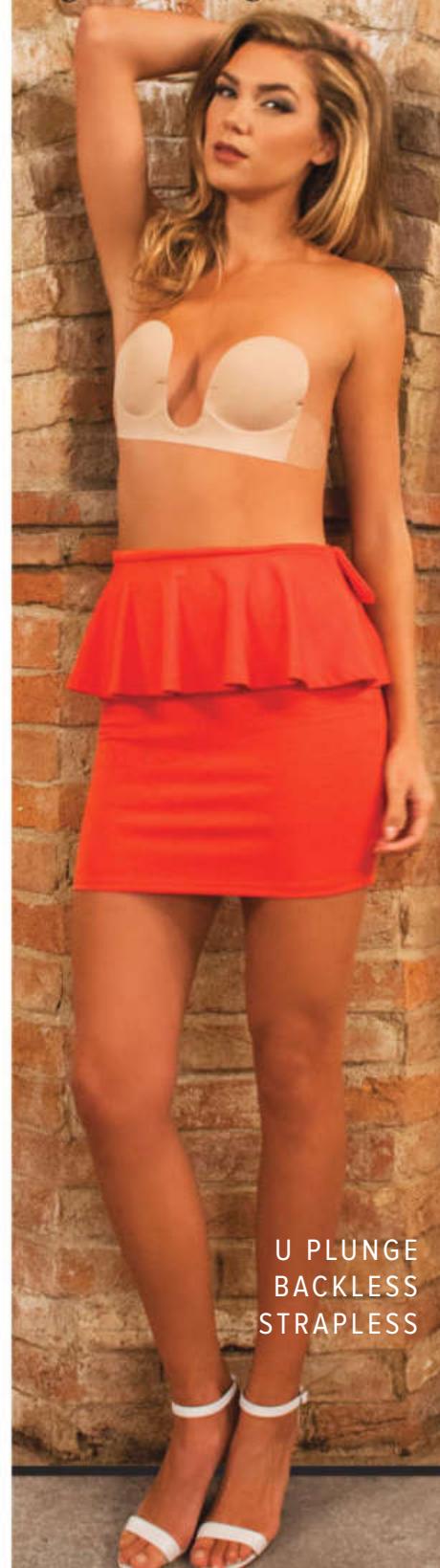
Mena Suvari

Mena added edge to her Vatanika A-line with Bionda Castana pumps at the premiere of *She's Funny That Way*.

Diane Kruger

Leave it to trailblazer Diane to own the carpet in a stunning Boss gown at the *Black Mass* Venice Film Festival premiere.

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Star style showdown!

Who wore it

OUR FASHION EDITORS MAKE THE CALL



Bella Hadid vs. Halle Berry

Teenage Bella looked good in Kaufmanfranco, but youth is no match for 49-year-old Halle's killer curves.



Halle
Did!

BETTER?



Zendaya vs. Jessica Simpson

With a top knot and gladiator sandals, Zendaya was chic in L'Agence, but a little cleavage had Jess looking effortlessly sexy.



Constance Jablonski vs. Riley Keough

Loose, beachy waves and a waist-cinching belt nabbed Riley the win in Alexander McQueen.

OK! OKMAGAZINE.COM

NEWS IN PICTURES

THE LATEST PICS

MEN AT WORK

MANCHESTER, ENGLAND, SEPT. 23

Manual labor is no royal pain for these two! Prince William and his younger brother, Prince Harry, joined the team of the BBC home-renovation show *DIY SOS* to help rebuild houses for veterans.



Trading
crowns for
hard hats!

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MOMMY AND ME

LOS ANGELES, SEPT. 20

Fergie and her son, Axl, 2, made an adorable pair, strolling hand in hand. The singer recently said she plans to bring the tot along on her upcoming world tour: "I get to take Axl different places and experience touring in a whole new way." That's one cute roadie!

Just a walk in the park!



BORN TO ROCK

NEW YORK CITY, SEPT. 21

After Lenny Kravitz rocked the 2016 Volkswagen Passat Reveal, his biggest fan — his daughter, Zoë — met him backstage.



ALL THAT GLITTERS

LONDON, SEPT. 21

Emily Blunt and Benicio del Toro worked the carpet at the premiere of their drug-war thriller, *Sicario* (a Spanish slang term for hit man).



HANDS UP!

NEW YORK CITY, SEPT. 16

Julianne Hough got goofy at the Hallmark Signature SoHo pop-up, flashing her sparkler from fiancé Brooks Laich.



KEEPING IN CHECK

SAN SEBASTIÁN, SPAIN, SEPT. 22

Sienna Miller stole the show in a graphic dress by fellow Brit Victoria Beckham while promoting her movie *High-Rise* at the San Sebastián Film Festival.



FAMILY TIES

THESE CELEBS HANG TIGHT WITH THEIR TOTS

COMEBACK KID

LOS ANGELES, SEPT. 20

Tracy Morgan's wife, Megan Wollover, and their daughter, Maven, 2, supported the comedian as he presented at the Emmys, one year after surviving a highway crash that left him in a coma with a traumatic brain injury.



LEADER OF THE PACK

LAS VEGAS, SEPT. 19

Rachel Zoe brought along dapper husband Rodger Berman and boys Skyler, 4, and Kaius, 21 months, as she hosted an event to support the Ovarian Cancer Research Fund.



SJP takes the field!

ROOT FOR THE HOME TEAM

NEW YORK CITY, SEPT. 20

N.Y. Mets fans Sarah Jessica Parker, Matthew Broderick and their son, James Wilke, 12, attended an interleague game against their crosstown rivals, the Yankees. Their team lost, but SJP and the boys didn't seem to mind.

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EMMYS SCRAPBOOK

THE STARS ALIGNED
TO CELEBRATE THE
EMMY AWARDS ALL
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Grin and
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PARTY PALS

LOS ANGELES, SEPT. 17

Joel McHale got chummy with *Veep*'s Julia Louis-Dreyfus — who won Outstanding Lead Actress in a Comedy Series for the fourth year in a row — at Audi Celebrates Emmys Week 2015.





POWER TRIO

WEST HOLLYWOOD,
SEPT. 18

Lana Parrilla and Alan Cumming sandwiched Eva Longoria at the Television Industry Advocacy Awards Gala benefiting The Creative Coalition in partnership with TV Guide Magazine and TV Insider.

A photograph of Amy Schumer at a breakfast bar. She is smiling and holding a trophy. The background shows a counter with food and a sign that says "all day BREAKFAST".

SHE'S LOVIN' IT
LOS ANGELES,
SEPT. 20

Big winner Amy Schumer clung to her Outstanding Variety Sketch Series award (for her show, *Inside Amy Schumer*), as she stopped by McDonald's All Day Breakfast Bar.

That trophy is no joke!



GIRL POWER

LOS ANGELES, SEPT. 18

Julie Bowen and Ariel Winter, who play mother and daughter on *Modern Family*, paired up at Variety and Women in Film's Emmy Celebration, which was sponsored by Mercedes-Benz.

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NEWS IN PHOTOS

Go get 'em,
Chace!



AMAZING RACER

MALIBU, SEPT. 20

Chace Crawford's a quadruple threat! The athletic actor proved his mettle off screen as he participated in the Nautica Malibu Triathlon (a half-mile swim, 18-mile bike ride and four-mile run) to support cancer research at Children's Hospital Los Angeles.

CLUB KIDS

LAS VEGAS, SEPT. 20

Amber Rose and Tyson Beckford were among the revelers celebrating Tao Las Vegas' 10th anniversary into the wee hours.

BACK IN BLACK

LONDON, SEPT. 21

Carrie Underwood, the first country music star ever to headline the Apple Music Festival, looked fierce as she rocked the crowd at the annual event.



The flick's a
comedy, but
Mimi played
it straight!

ALL BUSINESS

NEW YORK CITY, SEPT. 21

Mariah Carey and beau James Packer dressed conservatively for the NYC premiere of *The Intern*, which stars Robert De Niro as a 70-year-old newcomer to a fashion startup run by Anne Hathaway's character.



They're on
Bey-cation!

LAP OF LUXURY

SARDINIA, ITALY, SEPT. 15

Truly flawless! Beyoncé relaxed poolside while on an overseas trip with Jay Z and their 3-year-old daughter, Blue Ivy. The couple also took a dip in the pool and showed off their buff bods by flexing in front of their adorable tot.





A red-hot pair!

YOUNG LOVE

NEW YORK CITY, SEPT. 10

It Girl **Gigi Hadid** and boyfriend **Joe Jonas** — who were nicknamed “G.I. Joe” by fans (get it?) — got handsy at the Nylon Rebel Fashion Party.



TRIPPING OUT

NEW YORK CITY, SEPT. 16

Model **Olivia Culpo** tested Marriott's new VRoom Service, using a headset that allows wearers to virtually visit other countries and take in the sights.



MUSCLE MAN

WEST HOLLYWOOD,
SEPT. 20

Mark Wahlberg showed off his fit physique in a purple polo shirt as he headed to a golf course.

OK! OR NOT OK!

With the Today show's
Kathie Lee &
Hoda

REVENGE SONGS



ELLIE'S SUGGESTIVE TRACK

While neither artist has confirmed it, fans sussed out that Ed Sheeran's 2014 song "Don't" accuses Ellie Goulding of leading him on and then sleeping with another guy; on her new track, "On My Mind," she seemingly responds: "You wanted my heart, but I just liked your tattoos." Ouch!

KATHIE LEE says: "You can write what you want, according to the Constitution — but it seems awfully junior high school, doesn't it?"



JOHN'S TAUNTING TUNE

After Taylor Swift wrote "Dear John" in 2010, alleging John Mayer toyed with her heart, he penned "Paper Doll," about a fragile, confused girl thought to be Tay.



EMINEM'S FIERY FLOW

After Eminem asked Mariah Carey why they "broke up" in his 2009 song "Bagpipes from Baghdad," she denied even knowing him in her answer track, "Obsessed." He shot back with "The Warning," threatening to release voicemails from her!

FOR MORE "OK! OR NOT OK!"
WITH **KATHIE LEE** AND **HO**DA,
TUNE IN TO THE TODAY SHOW,
THURSDAYS AT 10 AM ET ON NBC.

HODA says: "Sure, it's OK, but keep a little mystery. Take a page from **Carly Simon**, who never revealed who 'You're So Vain' was about!"

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COUPLES NEWS



A source says that Julia only showed up to New York Fashion Week so "she could be out of the way when Danny moved out" of their home.

After Julia Roberts and Kiefer Sutherland's

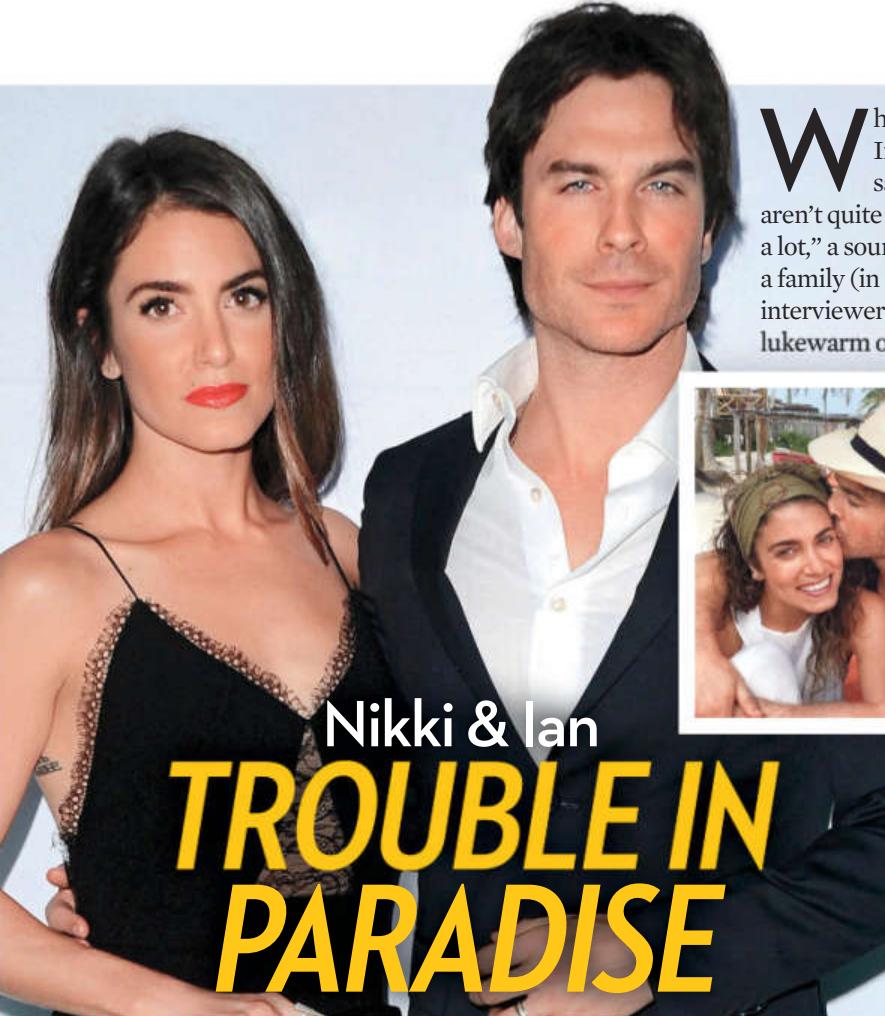
dramatic near-nuptials in June 1991 (they broke up three days before the wedding, then she ran off with his best bud, **Jason Patric**), it seemed there was no chance they'd ever be close again. But a source says the pair "quietly became friends" in the past few years, and as the *Pretty Woman*'s 13-year marriage to **Danny Moder** falls apart, it's her former flame she's turning to for support.

"Julia's been pouring her heart out to Kiefer," the insider says. As her husband, Danny, 46, becomes more distant (he was noticeably absent at a May memorial for Julia's mother, **Betty Lou Bredemus**, who died in February), the source says Kiefer, 48, has become Julia's "escape."

For years, Julia, 47, and Danny tried to make things work for their kids — twins **Hazel** and **Phinnaeus**, 10, and **Henry**, 8 — but the source says, "it's looking hopeless now." Possibly in preparation for a costly split, the couple recently listed properties: a Hawaiian bungalow in April and a NYC apartment three months later. Then, in September, moving trucks were spotted at their Malibu estate, and Danny reportedly

moved out. "They can't stand living together anymore," the source says.

But if Julia's personal life is in shambles, you wouldn't know it. As her husband packed 3,000 miles away, Julia was all smiles at New York Fashion Week, and the source attributes it to her "constant contact" with Kiefer: "He's helping her forget about her marriage troubles."



Nikki & Ian

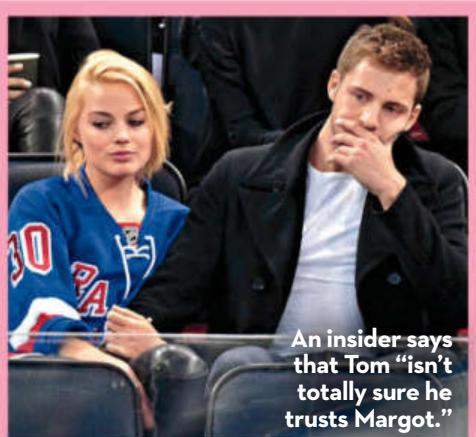
TROUBLE IN PARADISE



While they inundate friends and fans with Instagrams that flaunt their affection, a source says newlyweds **Nikki Reed** and **Ian Somerhalder** aren't quite as happy behind closed doors. "They're arguing a lot," a source says. The problem? Ian, 36, is eager to start a family (in September, he said "Oh, hell yes!" when an interviewer asked if he wants kids soon), but Nikki, 27, is lukewarm on the idea. Since they wed five months ago, the source says, the *Twilight* star has started making excuses, like wanting to travel and focus on work. "Nikki is ambitious and worries about derailing her career if she gets pregnant now," the source says. She'd better not wait too long, though — Ian reportedly dumped his last love, **Nina Dobrev**, because she didn't want children either.

Kris SETTING ROB UP WITH SELENA

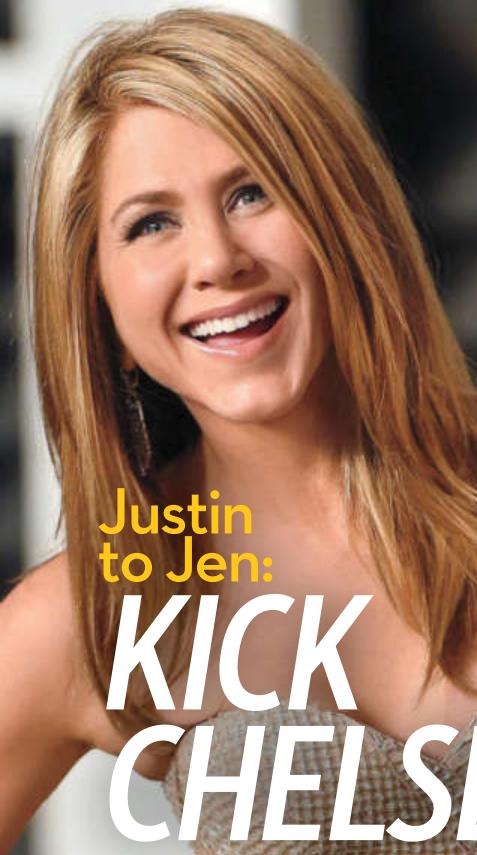
Rob Kardashian doesn't typically appreciate his family meddling in his affairs. But when his mom, **Kris Jenner**, recently mentioned her plan to set him up with **Selena Gomez**, whom she befriended last spring, he was all for it! "Selena is just Rob's type," a source says. "He's totally crushing on her." It doesn't hurt in the momager's eyes that Selena, 23, has a huge social media following — when Rob, 28, is ready to make his return to public life, she thinks they'd make an awesome power couple. "Rob once called Selena his 'dream girl,'" the source says, "and Kris has been plotting ever since."



An insider says that Tom "isn't totally sure he trusts Margot."

Margot & Tom ON THE ROCKS

Now that *Suicide Squad*'s wrapped, **Margot Robbie**'s eager to begin wedding planning with her beau, **Tom Ackerley** — but he's suddenly got cold feet. A source says although the couple, who've been dating for a year and a half, are not officially engaged, they had planned to wed at the end of the year; now Tom wants to put it off until next summer, which "has alarm bells ringing for Margot." Apparently, Tom was upset after Margot, 25, reportedly shared a drunken smooch with her *Tarzan* costar **Alexander Skarsgård** in January. "She's impulsive," a pal says. "Tom worries that she'll leave him for another guy. That's no way to start a marriage."



Justin to Jen: KICK CHELSEA OUT!



A source says Justin is not fond of Chelsea's rude and lewd behavior and "hated how she'd drop by their house unannounced."

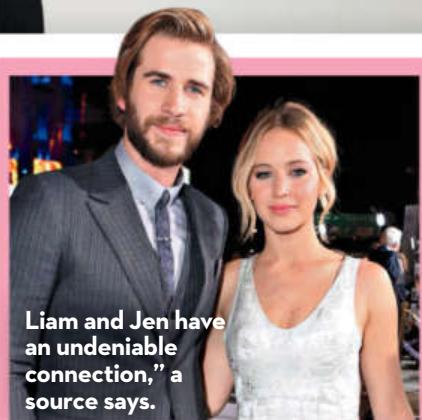
Though her divorce from **Blake Shelton** was finalized only two months ago, **Miranda Lambert**'s reportedly already on the rebound with country cutie **Sam Hunt**. Despite trying to keep things professional while planning their joint 2016 tour with **Kenny Chesney**, an insider says the singers "can't help but flirt," adding that "spending time with Sam has been a huge lift for Miranda."

While the source notes that Miranda, 31, and Sam, 30, aren't serious, they are "getting very close. He makes her feel sexy, which is exactly what she needs now." The insider adds that you might even catch them singing a duet onstage next year — a love song, perhaps?

Miranda and Sam "both want to keep this quiet for now," a source says.



Mi casa es su casa? Not anymore! After **Justin Theroux** found one of his wife **Jennifer Aniston**'s best friends, **Chelsea Handler**, making breakfast nude in the couple's Bel Air, Calif., mansion, he's laying down the law when it comes to sleepovers. "Chelsea thought it was hilarious, but Justin was really annoyed," says an insider, who adds that the *Leftovers* star has always found the comedian obnoxious. Apparently Jen, 46, got in the habit of inviting Chelsea over for boozy girls' nights whenever Justin, 44, was away filming. While it bugged him to come home and find Chelsea there and the house a mess, Justin typically bit his tongue. But now that he and Jen are married, the source says, "he's establishing some ground rules, chief among them that Chelsea is no longer welcome to bunk in the guest room."



Liam and Jen have an undeniable connection," a source says.

JLAW CHASING LIAM

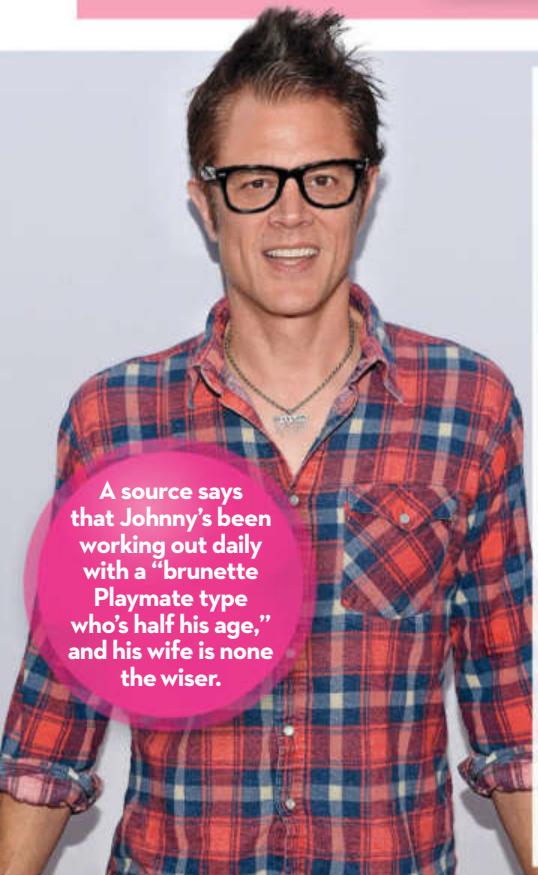
Since her August split from **Chris Martin**, **Jennifer Lawrence** has been hitting the town and enjoying the single life. But secretly, it seems she's targeting an old crush: **Liam Hemsworth**. The stars bonded while shooting four *Hunger Games* films between 2011 and 2014; but love never blossomed, as Jen, 25, was with **Nicholas Hoult** at the time, while Liam, 25, was dating **Miley Cyrus**. Still, a source says, "lots of people were convinced they'd end up together" — and they still could. A source says, "Jen's calling Liam all the time, especially at night." Slight catch: He's been seeing actress **Maika Monroe**, 22. Has Jen not been reading *OK!*?

Gisele GRILLING THE NANNIES

Gisele Bündchen is really wishing her nannies kept diaries. Ever since a snapshot was released of Ben Affleck's ex-nanny Christine Ouzounian wearing Tom Brady's Super Bowl rings on a private jet with the men, Gisele has been giving her help the third degree. "She asks what they do with Tom and the kids when she's not around, and if he's ever flirted," a source claims. But the man of the house isn't happy. The source says Tom, 38, complained that her interrogations "make him look like a bad husband." But Gisele, 35, countered that if he's innocent, he shouldn't be worried.



"Gisele's not over the embarrassment of the photo," a source says.



A source says that Johnny's been working out daily with a "brunette Playmate type who's half his age," and his wife is none the wiser.

Johnny HOT FOR TRAINER

Johnny Knoxville's known for taking risks — and, according to a source, his marriage may be no exception. The 44-year-old Jackass star's been bragging to friends that his personal trainer is "a total babe," but a source says his wife, Naomi Nelson, doesn't even know he's working out with a woman. "It's inappropriate," says the insider, who notes that Johnny's previous marriage ended after rumors he'd cheated. "If he was committed to his wife the way he claims, he wouldn't be at the gym, flirting, every day."

WE'VE
GOT MORE
FLAIR
THAN THIS
A-LISTER'S HAIR

RADAR ONLINE

EXCLUSIVES
BREAKING NEWS
GOSSIP
GLAMOR
TRUE CRIME
REAL-LIFE
SCANDALS
PHOTOS
VIDEOS
AND MORE...

ALL
NEW,
ALL
FREE



PR

**UNEXPECTEDLY
EXPECTING?**

If Jen is pregnant, as her inner circle believes, she wouldn't be showing yet. But she did look a bit worn out and stressed while running errands on Sept. 21, inset.

Postsplit,
Ben Affleck and
Jennifer Garner
have worked hard
to stay friendly.

Now sources
say they're having
second thoughts
about the divorce...
and that Jen
may even be
expecting again!

When Ben Affleck and Jennifer Garner first announced their impending divorce, they did so with a joint statement that noted their intention to "go forward with love and friendship for one another." Of course, once news of Ben's alleged affair with the family's soon-to-be-former nanny broke shortly thereafter, lots of people expected Jen to tell Ben to stuff his love and friendship. But, somewhat incredibly, the 43-year-old actress has stayed the course.

In fact, Jen has not only forgiven Ben, also 43, for his

IN TREATMENT

Their relationship has been improving — if not out-and-out rekindled — as a result of the intensive joint therapy sessions they've been undergoing ever since they decided to divorce. "They initially entered into therapy to learn how to keep things amicable between them and to figure out how to keep coparenting effectively after the breakup," the insider explains. "But the process has been a revelation for them. They each realized that they'd been engaged in some toxic behaviors that ultimately led to the breakdown of their marriage."

Ben, for his part, "has promised to cut back on his drinking and

JEN & BEN

2

EGNANT



indiscretion, she's apparently begun dating him again! During a Sept. 21 tête-à-tête at Nobu in Malibu, a source says, "They looked just like any other couple having dinner. She seemed happy, and he was very attentive to her." In private, their behavior has been even more intimate: At one of their frequent family dinners in mid-August, an insider reveals, "They talked and laughed for hours. And after Ben helped Jen put the kids to bed, one thing led to another... and he ended up staying the night!"

gambling for the sake of their children. He also admitted that he works too much." But, the insider says, Jen came to see that she too had played a role in their marital problems. "She admitted that she can be judgmental and harsh in the way she speaks to Ben, especially when they're fighting. And she's been making a real effort to be direct with him now when she wants something, instead of her usual passive-aggressiveness."

"They've never been as honest and raw with each other as they have over the past few months," the insider

MEET THE NEW NANNY

The Affleck children's last babysitter, **Christine Ouzounian**, turned out to be a fame-hungry flake who attempted to parlay her brief dalliance with Ben into a reality TV gig. So when Jen sought a replacement, she knew she had to step up her screening process. "From now on, she'll only hire nannies who've been recommended by close friends, and anyone who's too sexy will immediately be blacklisted," an insider reports.

The family's newest nanny, seen at right, fits the bill: Not only is she "discreet and professional," the insider says, but "she has enough sense to minimize her interactions with Ben." He too is on his best behavior. "Jen's watching him like a hawk — and he knows it."



OTHER STARS WHO ALMOST SPLIT!



CAREY HART & PINK

In 2008, they decided to end their marriage after two rocky years. Instead, after an 11-month separation, Pink delivered the divorce papers with a personalized photo album in which she asked Carey to come back... and he did!



MICHAEL DOUGLAS & CATHERINE ZETA JONES

Married since 2000, this star pair separated briefly in 2013, after both experienced serious health problems. "We had a little bump in the road," Douglas admits. "I love her more than ever."

“

BEN AND JEN ARE GETTING TO KNOW EACH OTHER AGAIN”

—AN INSIDER

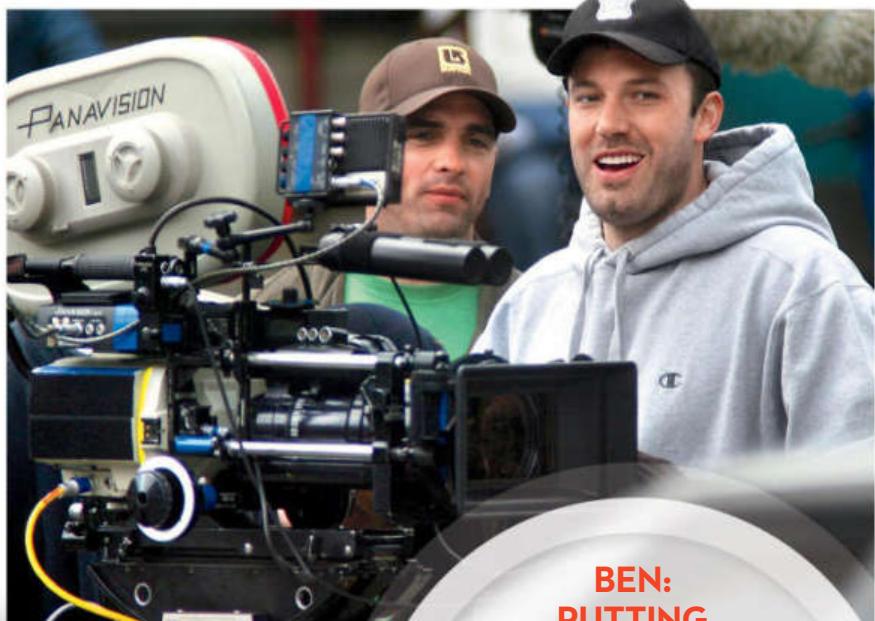
continues. “It’s connected them, emotionally, in a way neither of them could have predicted.” Having already called it quits, it seems, Ben and Jen had nothing left to lose.

AND BABY MAKES SIX?

Now, though, their fragile new bond will really be put to the test — because the insider says that Jen’s inner circle is abuzz with rumors that she may be pregnant! “Something is definitely

HANK BASKETT & KENDRA WILKINSON

When Kendra learned that Hank had cheated on her while she was pregnant, she dumped him. But after months of therapy, they reconciled. Now, she says, “I’m finding the trust again.”



BEN: PUTTING FAMILY FIRST

Ben’s long been a workaholic. But lately he’s been slowing down in order to focus on his fractured family, going so far as to delay the release date of his next directorial effort, *Live By Night*, to 2017. “He knows his kids need extra attention now,” the insider says.

going on,” the insider notes. “She keeps saying how exhausted she is, and she’s told a few very close friends that the only other times she’s experienced this kind of fatigue were the early stages of her pregnancies” with **Violet**, 9, **Seraphina**, 6, and **Samuel**, 3. When she put all the signs together — struggling to get out of bed in the mornings, certain smells making her nauseated — the insider says, “she called one of her best friends and just broke down.”

“But no one is sure if she’s confirmed it with a pregnancy test, much less told Ben, because she’s so secretive,” the insider continues. Even if she hasn’t, though, the insider is confident that Jen’s estranged husband would step up to the plate. Their mid-August liaison doesn’t seem to have been just a case of casual “ex sex;” they’ve been getting along so well, they’ve reportedly been

reconsidering their decision to call it quits at all.

“Ben and Jen have been spending a lot of time together, and they’ve decided to keep working on their relationship,” the insider says, both in counseling and during their free time. “They want to see where the process takes them.”

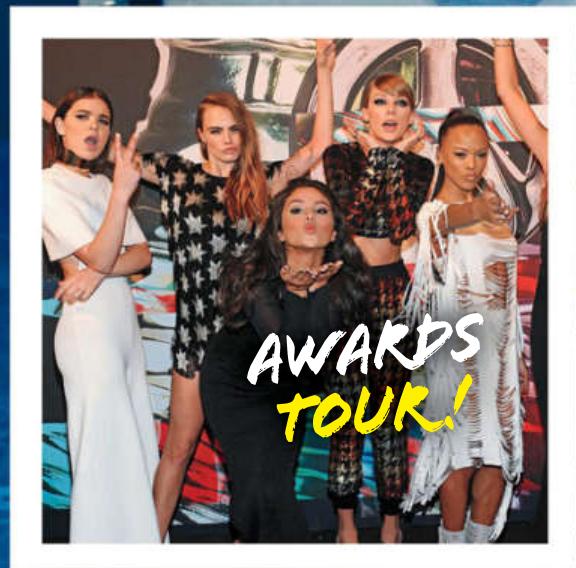
“At this point, another baby would be tricky,” the insider admits, “but certainly not a disaster — after all, Ben and Jen have three wonderful children already.” And though Ben has mostly avoided their Pacific Palisades, Calif., home since the split, so as not to confuse the kids, the source says Jen would welcome him back home in an instant if it turns out they have another little one on the way. “They’ll do whatever’s best for the whole family.”

OK!

THE LAVISH LIFE OF TAYLOR SWIFT

THANKS TO SHREWD BUSINESS MOVES, THE SINGER IS LIVING LARGE

"Taylor's careful with her money," a source says of the successful star, "but she's happy to splurge on her friends."



ABOVE It's a sign of Taylor's power that she can get her entire squad invited to the VMAs. **RIGHT** The star (at the Billboard Music Awards) has racked up so many statuettes that she's had to give up her oft-mocked "surprised" reaction.



Taylor has owned numerous jets, including this one with pretty ribbon detailing.



HOMES SWEET HOMES

At an age when most people are still renting (or living with Mom and Dad), Taylor owns several multimillion-dollar homes. Not pictured? The first place she ever purchased, a 5,000-square-foot condo in downtown Nashville; she also has a mansion there.

Back in the day, a band knew they'd made it when they could afford a really nice tour bus. In fact, plenty of big-name acts still travel that way, although some prefer to tour by plane and crash in hotels. But for **Taylor Swift**, even a five-star stay isn't luxurious enough: When she's on tour, she commutes to each gig by private jet – and then returns post-show to whichever of her homes is nearest. She prefers the comfort and privacy of sleeping in her own bed.

Sounds good, right? Well, it turns out that Taylor's ability to indulge in such an extravagant lifestyle is the result of business smarts as well as talent and, of course, hard work. Her father, **Scott**, a wealth management advisor, and her mother, **Andrea**, a former mutual fund exec, have long given Taylor great advice about how to maximize her profits... and her power in the

industry. "They encouraged her to make wise investments early on," an insider explains. "Scott, in particular, is responsible for creating the infrastructure that's made her success possible," helping her to set up her own management and touring companies when she was starting out at just 13 years old.

And while other musicians struggle to find trustworthy money managers (**Rihanna**, for example, sued a former accountant over his "terrible" advice, which she said left her nearly bankrupt), Taylor never has to worry about who's handling her affairs. Even her dicier ideas seem to work out, like when she flipped the Cape Cod house she bought during her short-lived romance with **Conor Kennedy** – and made a tidy \$1 million profit.

As for her old tour bus – yes, she had one – even that investment had an upside. She reportedly sold it to singer-songwriter **Carly Simon!** **OK!**

SHOW ME THE MONEY!

1989 has brought in \$241.5M

Album Sales **\$32M**

World Tour **\$205M**

Merchandise **\$4.5M**

Endorsements earn her \$50M

Diet Coke **\$10M/YEAR**

Keds **\$13M**

Toyota Asia Commercial

Deal **\$6.5M**

Elizabeth Arden **\$14M**

CoverGirl **\$4.8M**

Xfinity **\$2M**

She's a business, man

Firefly Entertainment

Touring Company **\$8M**

13 Management **\$10M**

Big Machine Records

Investment (10%) **\$8M**

**VACAY
EVERY DAY!**

For Taylor, even work (like an NYC photo op or a "meeting" with her opening act, Haim, in Maui) looks amazing.

INSTAGRAM @TAYLORSWIFT

NYC Taylor owns two apartments in this Tribeca building: one for her and one for her security detail!

RHODE ISLAND
The star loves to host friends at her seven-bedroom beachside Watch Hill house.

L.A. Taylor's modest Beverly Hills crash pad has just four bedrooms.



OK! REPORT

NICK'S TIME TO SHINE

BACKSTREET'S BACK! HOW **NICK CARTER** WENT FROM TROUBLED ADDICT TO DANCING WITH THE STARS FAVORITE



BANDING
TOGETHER

Despite pleas from the other Backstreet Boys, Nick abused drugs and alcohol for more than a decade.



Nick Carter is determined to put his best foot forward—literally and figuratively. Despite numerous struggles with drugs and alcohol, plus a rocky relationship with his parents and siblings, the 35-year-old Backstreet Boy has confronted his demons and emerged as one of this season's top contenders on *Dancing with the Stars*. But it hasn't been easy.

"Nick has led a very troubled life," a source close to the star tells OK!. "His parents didn't set a good example. He witnessed them getting drunk and fighting throughout most of his childhood. The family was extremely dysfunctional."

Sadly, it wasn't long before Nick joined their downward spiral of self-destructive behavior. "I began drinking heavily in my teens and then moved on to drugs at 18 or 19, starting with marijuana and moving up to cocaine, Ecstasy and prescription painkillers, among other substances," he wrote in his 2013 autobiography, *Facing the Music and Living to Talk About It*. "My life plummeted to an all-time low. We'd chug beers and pound down shot after shot until we reached the semicomatose state where the alcohol made us sleepy and lethargic. Then we'd do a bump of cocaine for an energy boost. My crowd made partying an extreme sport. We repeated that binge and bump cycle night after night."

HITTING ROCK BOTTOM

Although pals—including his bandmates **Kevin Richardson, Brian Littrell, Howie Dorough** and **A.J. McLean**—tried to intervene, Nick's behavior only became more out of control, resulting in multiple arrests and drunken brawls. In 2004, the singer got into a violent argument with his girlfriend at the time, **Paris Hilton**, which left the heiress with a fat lip and bruised arms. "Nick swears

HIS TROUBLED FAMILY

THE CARTERS ARE NO STRANGERS TO DRUGS, ALCOHOL AND VIOLENCE



MOM JANE

Nick's mother was arrested for battery in 2004 after she broke into her estranged husband's home and beat up his new girlfriend.



DAD ROBERT

In 2003, Nick's father was arrested for battery after shoving Jane to the bathroom floor in a fight. He was nabbed for battery again in 2008.



SISTER BOBBIE JEAN

In 2001, the aspiring model took cops on a wild chase in Nick's BMW before losing control and slamming into a pole; they found pot in the car.



SISTER LESLIE

In 2012, Nick's sister, from whom he was estranged, was found dead of a suspected drug overdose at age 25, leaving behind a 10-month-old daughter.



BROTHER AARON

The same year Nick was arrested for DUI, his baby brother, 18 at the time, reportedly tested positive for marijuana and opiates.



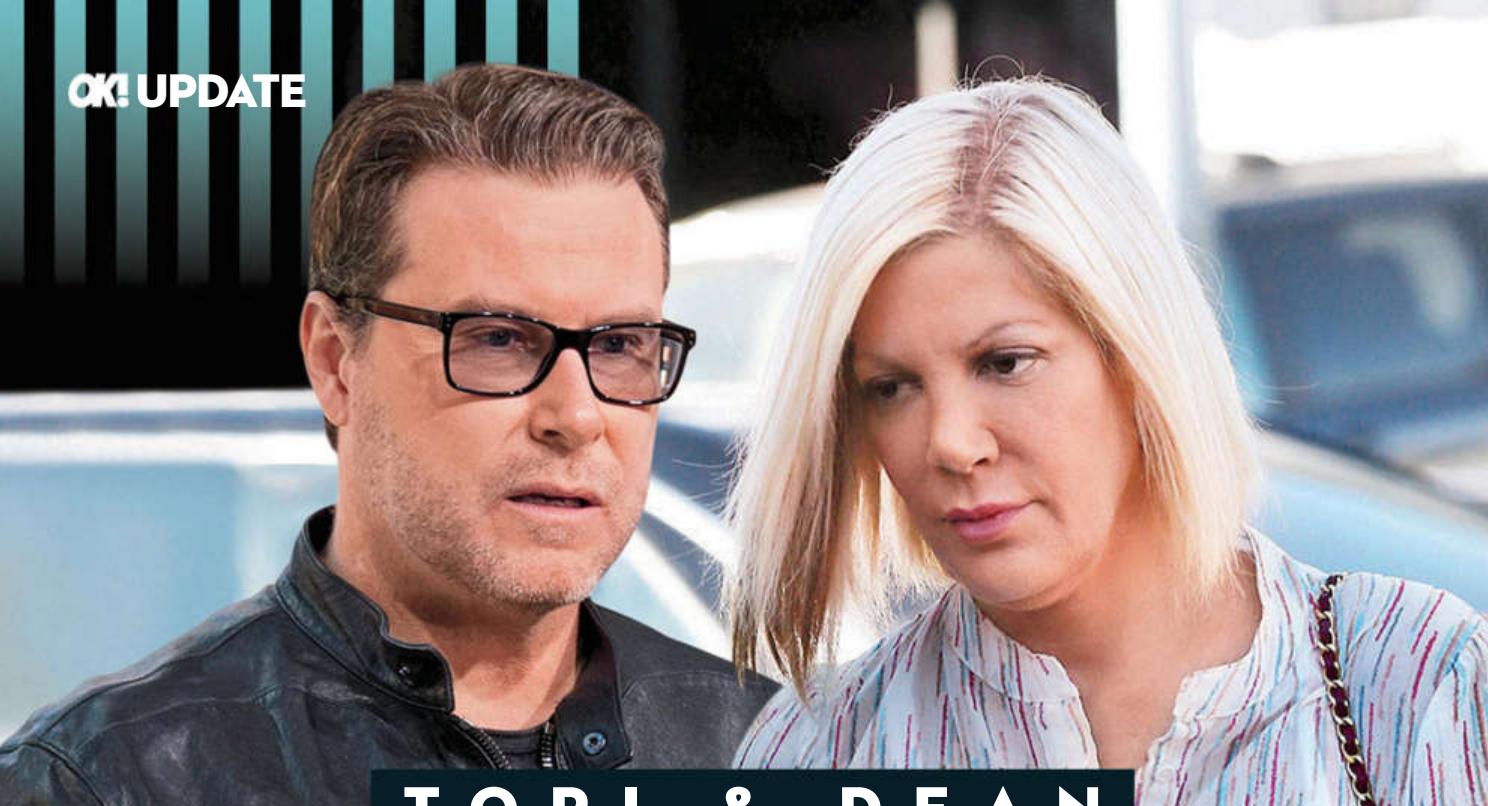
SISTER ANGEL

The only Carter who hasn't wrestled with the law, Angel was married in 2014. Nick skipped her wedding for his own bachelor party in Vegas.

that Paris hit him multiple times and that he just restrained her," says the source, "but it still weighs on him that anyone thinks he hit a woman."

Despite another brush with the law and three months of court-mandated rehab the following year, Nick refused to change his hard-partying ways—until he received a frightening medical diagnosis of cardiomyopathy (a weakening of the heart muscle) in 2008.

Realizing that his life depended on getting sober, Nick, who married longtime girlfriend **Lauren Kitt** last year, decided to change his lifestyle. "The odds were stacked against him, but he's very proud of the positive place he's in now," says the source. "While it will always be a battle for him not to fall back into his drug-fueled ways, he's hopeful for the future. He's realized that he has a lot of living left to do."

A large, high-contrast black and white photograph of actors Tori Spelling and Dean McDermott. Tori, on the right, has long blonde hair and is wearing a light-colored, striped, short-sleeved top. Dean, on the left, is wearing dark-rimmed glasses and a dark leather jacket. They are both looking slightly off-camera with serious expressions.

TORI & DEAN BROKE & DESPERATE



CELEBRITY COST-CUTTING

The family held a huge yard sale in June before moving to a rental house almost half the size of their previous home (though it still boasts five bedrooms). Dean also scrimped by doing his own laundry while on location in Ontario for the series *Slasher*.

TORI SPELLING AND DEAN McDERMOTT HAVE MAJOR MONEY TROUBLES — AND THEY'RE PINCHING PENNIES IN BIZARRE WAYS

Sampling free food is one thing; making a meal of it with your four kids is quite another. But that's what it's come to for **Tori Spelling** and husband **Dean McDermott**, who spent a late-August Sunday at the farmers' market in Studio City, Calif., gobbling tasty giveaways with their sons **Liam**, 8, and **Finn**, 3, and daughters **Stella**, 7, and **Hattie**, 4.

Though a rep for the couple denies they're in dire financial straits, the outing was just the latest in a series of cost-cutting measures that underscore how they're living "paycheck to paycheck," as Tori, 42, has put it. She and husband Dean,

48, have also downsized their home, filed a lawsuit and even held a yard sale in a desperate attempt to shore up their finances, which sources say are undermined by Tori's spending. "I was raised in opulence," wrote Tori — who got only \$800,000 of her dad **Aaron Spelling**'s \$600 million fortune when he died, in 2006 — in her memoir, *Spelling It Like It Is*. "When you grow up silver spoon, it's hard to go plastic."

STRAPPED FOR CASH

It was only last year that the couple weathered Dean's cheating scandal, which, along with their mounting money woes, was dissected on their series *True Tori*. "I think the world saw too much of us, certainly too much of me," said Dean, who also

lost his gig as host of the Canadian version of *Chopped*. Now, says an insider, they hope their new show on the Cooking Channel will help them dig out of their financial hole. "They quite literally can't afford a flop," says the source, who points to their yard sale and Tori's visit to a pawn shop over the summer as signs of "just how bad things have gotten."

Tori is also hoping to earn from burns she suffered last Easter when she fell onto a hibachi grill at an Encino, Calif., Benihana restaurant. Though Dean called the incident "an unfortunate accident" at the time, Tori is now seeking more than \$25,000 in damages. "They need to cash in where they can," says the insider. "That's what happens when you have no money and four kids."

Meanwhile, sources add, Tori still struggles to curb her extravagant spending. "She knows they're in trouble, but she can't help splashing out on herself," says an insider. "Their credit cards are maxed out. At this point, they need a miracle to save them from their debt."

OK!

FREEBIE FEEDING FRENZY!



How many stars do you see eating in public, much less stuffing their faces? It's no wonder, then, that Tori and Dean drew stares during a farmers' market trip, which was filmed for their new show on Cooking Channel. "They told their kids to ask the vendors for food," says a witness. "They made it look like it was about trying new things, but it seemed like they wanted to fill up without having to buy anything." *Bon appetit!*

Best & Worst

Some stars fly in high fashion. Others...not so much.



Best

ELLE FANNING



KATE BECKINSALE



VICTORIA BECKHAM



KATE BOSWORTH



TAYLOR SWIFT



She may be only 17, but this actress has nabbed some killer roles — and a spot on the best-dressed list! The starlet added a pop of color to her white frock with adorable pink booties in September.

While most people barely look this pulled-together for a special occasion, the British beauty recently hit LAX sporting an elegant maxi, coordinating accessories and an Oscars-worthy updo.

The secret to Posh's flawless flying style? She wears one high-fashion ensemble to the airport, slips into comfy gear on the plane, then changes into a new designer outfit just before landing!

Who says flying commercial isn't glamorous? Kate — looking chic after a September flight — has said that her everyday look is "about being fashion-forward but easy and comfortable."

Taylor's known for her impeccable street style, and there's no difference when she's in the air! In May, she looked polished in an LBD, on-trend chunky heels and a Louis Vuitton bag.

airport Style!



Worst

ARIANA GRANDE



KHLOÉ KARDASHIAN



AMBER ROSE



RIHANNA



MILEY CYRUS



After New York Fashion Week, the reality star ditched designer duds for a skintight Adidas catsuit. Maybe boyfriend **James Harden**, who signed a \$200 million deal with the brand, picked it out?

The petite singer tried to add a sexy touch by wearing black pumps and baring a shoulder, but her pink unicorn onesie and top knots made for a childish look as she arrived in Tokyo in August.

Wearing a droopy tee and sneakers, the normally loud and proud model was unrecognizable when she draped herself in a giant blue cloth – even though it was the middle of May!

She's known for her risqué looks, but when it comes to traveling, it seems style takes a backseat. Check out RiRi's sloppy look last month – featuring the dreaded combo of socks and sandals!

The day after wrapping up her *Bangerz* tour in 2014, the star wore a unicorn onesie for the flight home from Sydney, complete with sport sandals, a demure purse and a stuffed seahorse.

OK! Access

GO BEHIND THE SCENES WITH OK! TV

PERSONAL BEST

Actors typically like to lose themselves in a character, but for **Ta'Rhonda Jones**, the most rewarding part of playing Porsha on *Empire* is the chance to be herself. "My entire life, I tried to fit in, because I felt like people wouldn't understand the real me," she recently told OK! TV, adding that show creator **Lee Daniels** encouraged her to let her personality shine through.

Ta'Rhonda started out as a rapper in her hometown of Chicago. Her role as Cookie's assistant on *Empire* is her first acting gig.



DUE EAST

OK! TV caught up with Thailand's newly appointed Actress Ambassador, **Elisabeth Röhm**, at an L.A. party hosted by the country's tourism board. She said she's excited to visit soon to experience the "diversity of the culture there."



GAME-DAY GEAR

Lifestyle expert **Michelle Yarn** shared her tailgate essentials with OK! TV, including Nestlé Pure Life Exotics sparkling water, Nature's Own breads, Smirnoff Ice and Sledgehammer wine. Plus: Pack food to go with Rubbermaid's Easy Find Lids and Party Platter. Score!

FEATURED STATIONS

New York **WABC**: 2:05 AM
Los Angeles **KCAL**: 12:30 AM
Chicago **The U**: 2 AM
Philadelphia **WPSG**: 8:30 AM

Dallas **KTVT**: 1:12 AM
Houston **KPRC**: 1:05 AM
Detroit **WADL**: 11 PM
Phoenix **KAZT**: 12:30 AM

Seattle **KONG**: 6:30 PM
Minneapolis **KSTC**: 11:30 AM
Denver **KDVR**: 12:30 AM
Phoenix **WBFS**: 12:30 AM

Salt Lake City **KTVX**: 12:37 AM
Las Vegas **KTNV**: 1:05 AM
West Palm Beach **WFLX**: 6:30 AM
Find your station at oktvusa.com

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OK! CELEBRATES THE HOTTEST TIME OF THE YEAR: FALL FASHION WEEK

THANK YOU TO OUR SPONSORS

September 15: *OK!* threw its annual Fall Fashion Week soiree at celebrity haunt HAUS in NYC. DJ Tom Macari kept VIPs dancing all night as trendsetters sipped on **Freixenet**, **Three Olives**, **Xo**, **G Wine**, **Amstel Light** and snacked on **Garrett Popcorn**. **XO Mints** models worked the room as guests enjoyed the **Lip Smackers** VIP Lounge and the **Air Optix Contact Lenses** photo booth. As eventgoers bid their farewells, **Milani Cosmetics** and **Pure Silk** provided gift bags.



Freixenet Cava
kept the party
rockin'.



Three Olives, Xo, G wine and
Amstel Light were a hit.



DJ Tom Macari



Kristen Taekman enjoyed
Lip Smacker samples.



Pure Silk samples in
the ladies lounge.



Eventgoers posing at the
Air Optix Contact Lenses
Photo Booth.



Luis D. Ortiz
fell in love
with XO Mints.



Milani Cosmetics and
Pure Silk sponsored
the gift bags.



LOVE IS MESSY™

Garrett
popcorn shop™

FROM

RUSSIA LOVE

WITH

With a high-flying modeling career and a high-profile boyfriend (**Bradley Cooper**), Soviet import **Irina Shayk** is on the map

There may be no greater testament to a supermodel's cultural impact than her appearance in the *Sports Illustrated* swimsuit edition; for the past nine years, Russian-born stunner **Irina Shayk**, 29, has bikini-bombed her way through the magazine, gracing its cover in 2011. Along the way, she's cemented her place in the pantheon of the world's most beautiful people.

After a go at acting last year (opposite **Dwayne "The Rock" Johnson** in *Hercules*), Irina says she's back to being "really busy with my modeling career and traveling." At the opening of tile outfitter Porcelanosa's flagship store in New York, she talked to *OK!* about craving beauty sleep and her mom's dating advice.



Irina calls her run with *Sports Illustrated* (the 2016 issue will mark 10 years!) "kind of crazy."

You're the face of Avon, but you totally rock the natural look. Do you have any tips for appearing fresh-faced?

I think natural really does look best, even though I like a smoky eye. But the best makeup trick is to get a lot of sleep — like, 12 hours!

Twelve? Is that even possible?

Sometimes! When I don't sleep enough, I get cranky and crazy.

But if you do wake up a little puffy, rub an ice cube on your face, and your skin gets really tight. That's what my grandma used to do.

You date high-profile men — soccer player Cristiano Ronaldo for five years, and now Bradley Cooper. Did you ever get any choice guy advice?

Actually, I remember my mom told

me never to date a guy who smokes or drinks. My father played hockey and boxed, and my mom loved the fact that he was really healthy.

You won a Russian beauty contest when you were 18. But did you ever not feel like a beauty?

When I was young, guys actually made fun of me — I was tall and had darker skin and bigger lips, and they called me "Stick" because I wore high heels! I would wear skirts — never pants — to school, and they were like, "Oh look, Stick is walking around with her high heels!" Yeah, that was sad.

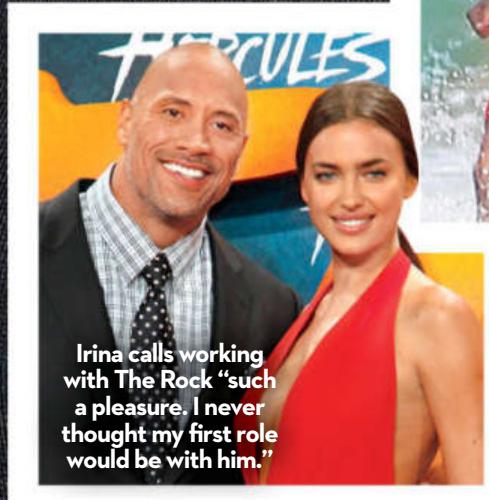
Now that those problems are long behind you... what's the sweetest thing a guy has done for you?

A cute card is always nice. I may be Russian, but I'm low-maintenance! **OK!**

— Lindsey DiMatta



“**MY MOM TOLD ME NEVER TO DATE A GUY WHO SMOKES OR DRINKS**”



Irina calls working with The Rock “such a pleasure. I never thought my first role would be with him.”



Irina and Bradley spent Labor Day frolicking at the Jersey Shore, where he spent childhood summers. Bradley's mom, Gloria, came too... sounds serious!

5 THINGS

YOU DIDN'T KNOW ABOUT IRINA

HER FULL LAST NAME IS SHAYKHLISLAMOVA

She had to shorten it because it was too challenging. “People were thinking my last name is a joke – 15 letters. No credit cards fit it; I couldn’t book tickets.”

HER DOG IS RELATED TO THE MARLEY & ME LAB

Or so she was told. “Five dogs shot the movie, I heard, and one of them was my dog’s father.

He’s very smart – and spoiled, like a little prince.”



SHE WAS MISS CHELYABINSK 2004

A model scout who worked near the beauty school she was attending asked her to participate. “And I ended up winning! Then I went to Paris.”

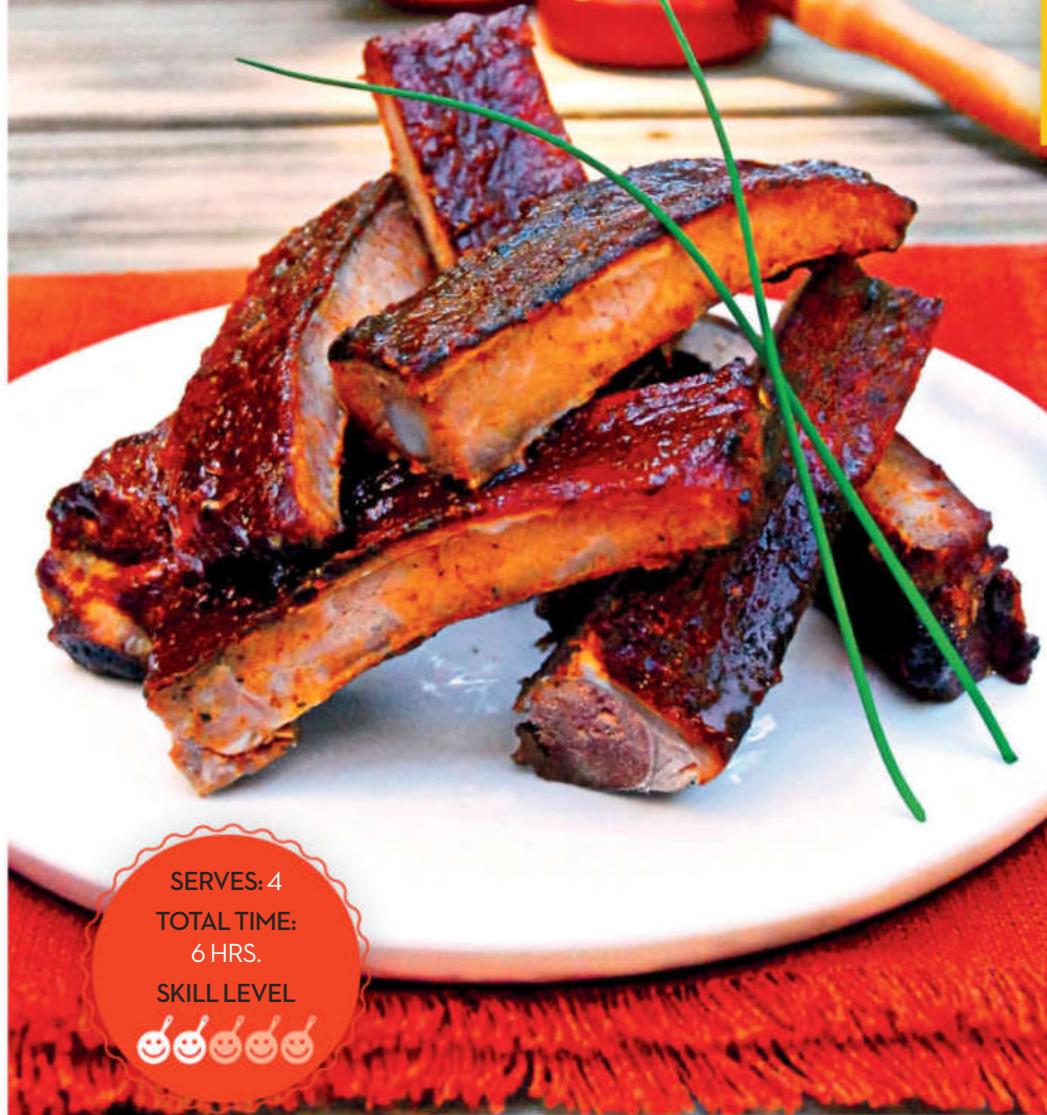
SHE'S AMY SCHUMER'S SECRET GIRL CRUSH

The comic gushed to **Jimmy Fallon** that Irina “looks like a panther and a leopard mated.”

SHE'S A SKILLED PIANIST

Though she quit at 13 – “It was not my passion; I wanted to study marketing” – Irina can still play Beethoven sonatas.

MARK STEINES' BBQ RIBS



SERVES: 4

TOTAL TIME:
6 HRS.

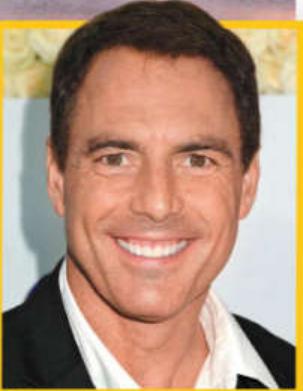
SKILL LEVEL

**Ingredients**

- 2 racks pork spare ribs (about 12 ribs on each rack)
- 1 cup of your favorite spice rub
- 1/4 cup brown sugar (optional)
- 1 tbsp. cayenne pepper (optional, if you want a spicy kick)
- 1 1/2 cups of your favorite sweet barbecue sauce

Directions

1. Coat ribs generously with spice rub, plus sugar and cayenne pepper if desired. Refrigerate for at least 1 1/2 hrs. or overnight.
2. Preheat oven to 200°F; preheat grill. Remove ribs from fridge and place on hot grill to sear the outsides, about 3 to 5 mins.
3. Remove ribs from grill and place on large baking sheet. Cover with foil and bake in oven for 3 1/2 hrs.
4. Remove foil and brush ribs liberally with sweet barbecue sauce. Cover again and return to oven for another hour, checking the periodically to make sure the meat is not falling off the bone.
5. Preheat grill again. Remove ribs from oven and place racks of ribs directly on hot grill for another few minutes, until outsides are crisp and caramelized.
6. Take racks off grill, cut into individual ribs and eat!



As cohost of Hallmark Channel's daily talk show *Home & Family*, which features cooking segments, **Mark Steines** spends lots of time in the kitchen. But it's at home where he really shows his culinary chops, cooking for sons **Kai**, 13, and **Avery**, 11. "When I became a single dad, I realized how important family meals are," he says. "Now, instead of going out for ribs, we make them together." He makes the process a breeze by using **Bobby Flay's** Rib Rub and **Emeril Lagasse's** Sweet Barbecue Sauce. Never be afraid to get a little help from the pros!



DAILY ENTERTAINMENT NEWS YOU WON'T WANT TO MISS

SEASON 3



New York WABC
LA KCAL
Chicago The U Too
Philadelphia WPSG
Dallas KTVT
Boston WSBK
Atlanta WUPA
Houston KPRC
Detroit WADL
Tampa WTOG
Sarasota WWSB
Seattle KONG
Minneapolis KSTC

2:05am
12:30am
2:00am
8:30am
1:12am
3am
4:30am
1:05am
11pm
7:30am
1:35am
6:30pm
11:30am

Miami WBFS
Denver KDVR
Orlando WRDQ
Sacramento KMAX
San Diego XDTV
Nashville WNAB
Hartford WFSB
Salt Lake City KTVX
Las Vegas KTNV
West Palm Beach WFLX
Buffalo WNLO
Providence MYRITV
Knoxville MYVLT

12:30am
12:35am
1:30am
4am
5:30pm
6am
2:07am
12:37am
1:07am
6:30am
2pm
11pm
1pm

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We partner with parents and families to help keep teens from using drugs and alcohol.

We provide families with free, science-based resources to help them deal with teen substance abuse, information about the ever-changing drug landscape, programs that

help parents engage with their teens, guidance for counseling or treatment if they are in trouble, and support from families that have already faced this problem.

We're here to help. Let's work together.

Call our toll-free helpline, 1-855-DRUGFREE. Or visit us at drugfree.org.



OK! StyleWeek

With an eye for fresh talent and a keen sense of style, it's no surprise that former *Fashion Police* cohost **Kelly Osbourne** will be a judge on Lifetime's *Project Runway Junior*, the teen spin-off of the hit show, starting Nov. 12. We caught up with Kelly to chat fashion.

What's your fall must-have item?

The Saint Laurent lipstick-print stilettos. They are so good... I'll wear them with anything and everything, even my pajamas.

Is there a designer you're currently loving?

Literally everything from Istanbul-based designer John Paul Ataker's spring 2016 collection will be in my closet.

What has been your best fashion moment so far?

I had two this year at the Life Ball in Vienna, wearing John's designs. One was a white dress and the other a dress coat and pants that fit perfectly.

What's your favorite thing hanging in your closet?

A dress that Lee [late designer **Alexander McQueen**, whose first name was Lee] gave me from his last collection to wear to **Kate Moss'** wedding. It's so beautiful, I'm having it framed.

KELLY'S

COMEBACK



Miss Independent,
Deborah Lippmann, \$18;
deborahlippmann.com



Nail Lacquer in
Guys & Galaxies, **OPI**,
\$9.50; ulta.com



Patent Shine 10X Nail
Lacquer in Afters,
Butter London,
\$18; butterlondon.com



Look, Don't Touch,
Caption Polish,
\$12; captionpolish.com

What's HOT Right Now!

VAMPY NAIL HUES
LIKE **LO BOSWORTH'S**
ARE PERFECT FOR
FALL

THE LO DOWN

To choose her polish — **Midnight Mod**, right — Lo used Sally Hansen's new ManiMatch, a free app (available on iTunes) that lets you try on nail colors virtually, and generates color suggestions based on skin tones. "It takes the guesswork out of it," Lo says.



Miracle Gel in **Midnight Mod**,
Sally Hansen, \$10; drugstores

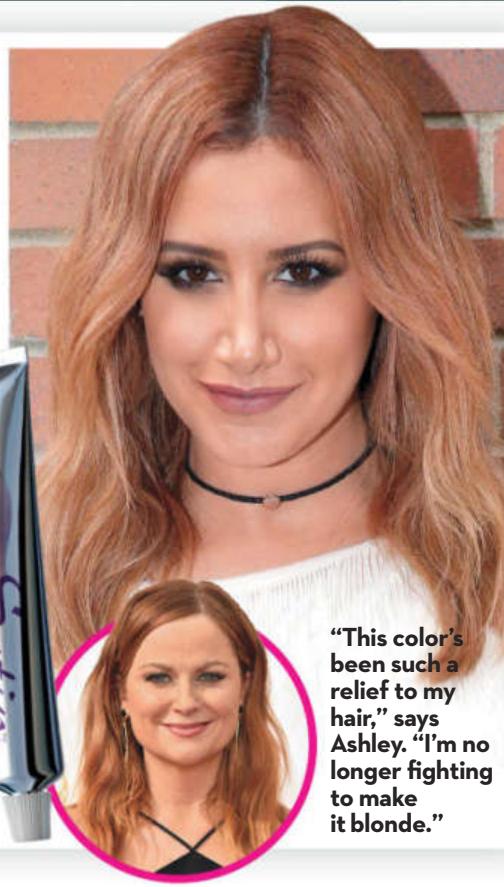
HOTTEST NEW HAIR COLOR: STRAWBERRY BRONDE

Ashley Tisdale cleverly dubbed her new shade "strawberry blonde," a brownish update on strawberry blonde.

"I decided to go warm, have a hint of red but stay in the blonde-ish area. I wanted the best of three worlds," says the natural brunette. **Amy Poehler** (inset) debuted a similar shade at the Emmys.



Satin Hair Color, **Satin**,
\$8; beauty supply stores



"This color's been such a relief to my hair," says Ashley. "I'm no longer fighting to make it blonde."

PRODUCT OF THE WEEK

With temperatures starting to drop, now's the time to switch to a more intense moisturizer. This body lotion, with vitamin E and raw, natural shea butter (sustainably sourced in Africa), is nourishing yet never greasy.



Shea Formula Raw
Shea Body Lotion,
Palmer's, \$5.50;
palmers.com



JULIANNE HOUGH
Shaking things up on and off the dance floor, Julianne offset her ear cuff with a classic Le Vian diamond stud.

A-Listers' Go-To Bling

WHEN IT COMES TO GETTING RED-CARPET GLAM, HOLLYWOOD TURNS TO LE VIAN



GINA RODRIGUEZ
The *Jane the Virgin* star didn't skimp on the sparkle, donning two diamond rings and a diamond bracelet from the brand.



ZENDAYA COLEMAN
To complete her sexy-yet-elegant look, 'Daya decorated more than one digit, sporting two white-diamond rings by the high-end jeweler.

Fall in *love* with your body

A collection of Tree Hut skincare products including Shea Body Butter, Shea Sugar Scrub, Oatmeal Scrub, and Shea Moisturizing Body Lotion, arranged on a wooden surface. Autumn-themed decorations like a small pumpkin, orange leaves, and a red ribbon are also present.

TREE HUT®
reveal your natural beauty

treehutshea.com



WHAT YOU NEED



Diane completes her hippie-chic Thakoon look with a hat.

FLOWY FABRICS

Feeling groovy? You're in luck! "Designers threw it back to the '70s this fall with loose, romantic silhouettes," says Lindsay. To take this look from summer into autumn, layer a maxi or a flowy top with a jean jacket and opt for rich, seasonal colors, like **Diane Kruger** does.



Jacquard Poet Blouse, **Topshop**, \$68; topshop.com

Magnolia Maxi Dress, **For Love & Lemons**, \$239; forloveandlemons.com



Olivia balances her look with a ladylike purse and flats.

PAIR WITH

Offset the carefree vibe of billowy shapes with elegant jewelry and chic footwear. "Stuart Weitzman boots are simple and classic," says Lindsay.

14k Strawberry Gold Ring with Blackberry Diamonds, **Le Vian Red Carpet**, \$2,647; levian.com

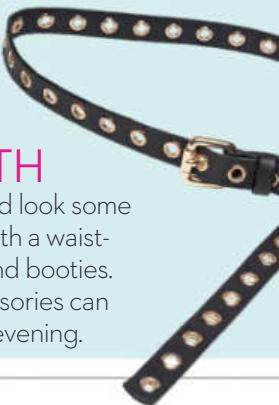
The Highland Boot, **Stuart Weitzman**, \$798; stuartweitzman.com



PAIR WITH

Give the rugged look some feminine flair with a waist-cinching belt and booties. The right accessories can take plaid into evening.

Luxe, **B-low The Belt**, \$148; b-lowthebelt.com



NOW!

DESIGNER AND FOX NEWS STYLE EXPERT LINDSAY MORSE SHARES HER TOP FALL MUST-HAVES



PLAID PATTERNS

From outerwear to separates and accessories, "Plaid was all over the fall runways in both subtle and bold ways," says Lindsay. Wear one tartan item at a time and pair with solids — only pros like **Olivia Palermo** can pull off two plaids at once, like she does here, topping a Rails flannel with a Thakoon for Kohl's DesigNation vest.



Boyfriend Button Down, **American Eagle**, \$40; ae.com



Neelam Coat, **Wilfred Free**, \$250; aritzia.com



Analise, **Ugg**, \$200; uggaustralia.com



Sophia
sexes up the
borrowed-
from-the-
boys trend in
Smythe.

UXEDO DETAILS

As an alternative approach to girly cocktail attire, try a dress or blazer with tuxedo elements. "Menswear-inspired tailoring is sexy and flattering on all body types," says Lindsay. Fit is key, and don't be afraid to take a cue from **Sophia Bush** and show a little bit of skin!



Jojo Blazer,
Lindsay Morse, \$259;
lindsaymorse.com



Amy Childs Janice
Origami Peplum Tuxedo,
Dorothy Perkins, \$119;
dorothyperkins.com



All In One Bag, **Gigi New York**, \$125 + \$15 personalization; giginewyork.com



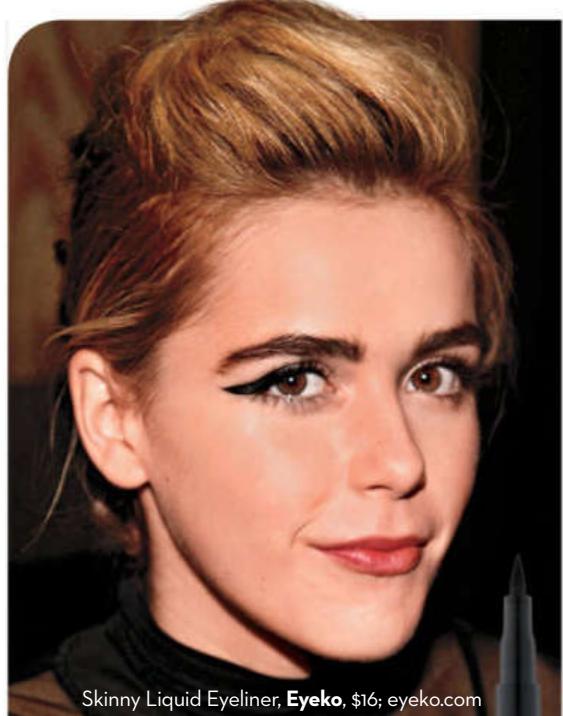
Lace Up Heeled Shoes,
Zara, \$90; zara.com

PAIR WITH

Accessorize the all-business ensemble with feminine touches. "These affordable mesh Zara pumps and a fun clutch are perfect," says Lindsay.

FASHION-FORWARD MAKEUP

FROM NEW YORK CITY TO LONDON, THESE FRONT-ROW BEAUTY LOOKS STOLE THE SHOWS



Skinny Liquid Eyeliner, **Eyeko**, \$16; eyeko.com

THICK CAT EYES

WHO: **Kiernan Shipka**

SHOW: **Rag & Bone**

"Kiernan's winged eye is edgy but still fun and young," says Stevi Christine, celebrity makeup artist at L.A.'s Kate Somerville Clinic. "Use a waterproof liquid liner to create a cat eye as normal, then add thickness but not too much length — the liner shouldn't extend farther than the brow."



LIME-GREEN EYE SHADOW

WHO: **Jessica Lowndes**

SHOW: **Tracy Reese**

Stevi, Jessica's makeup artist, chose this eye color for two reasons: "Bright shadows are a trend I've been seeing for spring 2016," she explains. "Also, Jess had just landed in NYC for a 24-hour break from a hectic filming schedule. This hue makes light eyes pop and gives the skin a youthful glow — even on no sleep." When trying this look, she adds, "keep the rest of your makeup to a minimum."

Aqua Matic in Iridescent Lime Green, **Make Up For Ever**, \$21; sephora.com



BOLD BROWS

WHO: Suki Waterhouse

SHOW: Burberry

Making your arches the focal point of your look, like Suki, is superchic. "But don't just use a very dark brow pencil," warns Stevi. "That can look too heavy and fake." Instead, the brow specialist suggests mixing a powder pencil that's only one shade darker than your real hair color with one that's a shade lighter, to not overdo it. Last, she adds, "always comb through with an eyebrow brush for a wispy, natural finish."



Suki mingled with Kate Moss and Cara Delevingne in Burberry's front row.



MATTE NUDE LIPS

WHO: Kylie Jenner

SHOW: Prabal Gurung

"It's the shine-free finish that makes Kylie's lip color so interesting," says Stevi. "A matte lipstick is ideal for this look, but it can be very drying — so start with a balm first." Another option? "Use a moisturizing nude lip color, let it set, then blot with a tissue to achieve a matte finish." A smoky eye is the perfect compliment to liven up the face.

Lipstick in Myth, **Mac Cosmetics**, \$17; maccosmetics.com

BRIGHT BLUSH

WHO: Lauren Conrad

SHOW: LC Lauren Conrad

Don't be afraid to be heavy-handed with blush, as Lauren is with this peachy-pink tone. "Proper application is key, though," says Stevi. "Smile wide, then brush the color onto the apples of the cheeks in circular motions, both clockwise and counterclockwise." Skip bright eye shadow and instead softly add the blush color to the eyelids. "This helps tie the look together for a fresh, not too rosy face."

Afterglow 8-hour Powder Blush in Score, **Urban Decay**, \$26; urbandecay.com



OK! Entertainment

BY STEPHANIE KAPLAN



Mark's new surroundings are out of this world!

MOVIE PREVIEWS

THE MARTIAN

Matt Damon, Kate Mara, Jessica Chastain | PG-13 | Oct. 2

Landing on Mars is a dream for Mark Watney (Matt Damon) and his crew — but a nasty dust storm quickly turns the effort into a nightmare. While the other astronauts retreat home safely, Mark ends up crashing on the Red

Planet alone, forced to use his wits and limited supplies to survive and make contact with Earth. After NASA rejects a scientist-devised plan to save him as too dangerous, his intrepid crew decide to risk their lives to rescue Mark themselves.

FREEHELD

Julianne Moore, Ellen Page, Steve Carell | PG-13 | Oct. 2

Based on true events, this drama follows the love story of New Jersey police officer Laurel Hester (Julianne Moore) and her partner, Stacie Andree (Ellen Page). Though their saga starts out lighthearted, Laurel is eventually diagnosed with stage IV lung cancer — and simultaneously begins another fight against county freeholders to ensure that her pension benefits are passed on to Stacie (an option that was legal for heterosexual but not gay couples at the time, circa 2005). Ellen said she was so moved by the story, it motivated her to come out publicly.



You'll need to bring more than just a few tissues to this tearjerker!

OK! BEST OF THE WEEK

MARK YOUR CALENDAR FOR THESE SHOWS YOU WON'T WANT TO MISS!

THE WALKING DEAD

Rick and the gang are still struggling to adjust to Alexandria. Will a new threat bring them closer together or drive them further apart?

Sun., Oct. 11, at 9 PM ET on AMC



JANE THE VIRGIN

Jane (Gina Rodriguez) tries to find her newborn son, Mateo, who's being held for ransom after being kidnapped from the hospital!

Mon., Oct. 12, at 9 PM ET on the CW



CHICAGO FIRE

Season 3 ended with Matt Casey (Jesse Spencer) being abducted, and that's just where the new episodes will pick up, with his crew searching high and low to find him.

Tues., Oct. 13, at 10 PM ET on NBC

TRUTH BE TOLD

This shameless new comedy from the director of *How I Met Your Mother* follows two couples — they happen to be both neighbors and best friends — who never hold back. **Mark-Paul Gosselaar** stars. Fri., Oct. 16, at 8:30 PM ET on NBC

TV PREVIEW

THE REAL HOUSEWIVES OF NEW JERSEY: TERESA CHECKS IN

Sun., Oct. 11, at 8 PM ET on Bravo

Though **Teresa Giudice** is behind bars until February 2016, the cameras in her family's home haven't stopped rolling. This three-part special shows husband and father-of-four **Joe** as he tries to take on parenting duty — including cooking dinner and attempting to style the girls' hair — until Teresa returns and he enters prison for his own 41-month sentence. From the girls tattling on each other to phone calls with Teresa, the footage offers an inside look at how the brood is coping. And while she's not physically there, Mom is never too far away, as Joe admits: "It's amazing how she still controls everything from in there." We wouldn't expect anything less!



Rebecca (center) gets glam — who knows when she'll "accidentally" see her ex?

CRAZY EX-GIRLFRIEND

Mon., Oct. 12, at 8 PM ET on The CW

We all have that one crush from our school days whom we can't forget — but would you ever move across the country to try to rekindle the romance? That's what **Rebecca Bunch** (**Rachel Bloom**, who's also an executive producer) decides to do after running into ex-boyfriend **Josh Chan** (**Vincent Rodriguez III**) and learning that he's moving to West Covina, Calif. Plenty of laughs and lively musical numbers ensue as **Rebecca** ditches her successful life in New York City for the Golden State in a move she wants everyone to believe is a total coincidence. We have a feeling our relationship with this comedy will be one that lasts!

INDIA DE BEAUFORT STAR OF BLOOD & OIL

OK! Q&A

Every small town needs a hotspot, and that's where you can find **India de Beaufort**'s character, **Jules Jackman**, the owner of the local saloon in the oil boomtown of Rock Springs, N.D., on ABC's *Blood & Oil*. "She's kind of the go-to girl for anything anyone needs," the actress, 28, says. OK! caught up with the star to learn more about the new drama.

Tune in to *Blood & Oil* on Sundays at 9 PM ET on ABC.

Can you tell us a little more about Jules?

She does a lot, and it's great, because to be the woman in

that role is, in a way, something kind of new. She's sort of the fixer of everyone's problems.

Will we learn anything about her background?

On the first episode, there aren't many hints, but on the second and third, you'll start to see a couple of things. You learn a little bit more about her, where she comes from and her history. I would love to tell you, but it would be a major spoiler.

The show is set in North Dakota, but it's actually shot in Utah. What's it like there?

We're in Park City right now. We all moved out here a couple months ago. I live in L.A., so it's an adjustment... but in the greatest way. It's incredibly peaceful.

The show also stars Don Johnson. Have you asked him for advice?

Don is the person we all go to for advice. He's the king of the crew for all of us. Getting to be on set with him every day is such a pleasure — he could not be more gracious, and he could not be a better actor to work alongside.



TURN BACK THE CLOCK

A SPECIAL FOUR-PART SERIES ON HOW TO STAY YOUNG



THE EXPERT: NORA TOBIN Nutrition and performance specialist, fitness consultant for Four Seasons and *Shape* contributing editor.

Slowing the aging process is an uphill battle, but the good news is, there are proven, all-natural ways to look – and feel – younger. Resistance training is one of the best methods of safeguarding against the damaging effects of the aging, such as oxidative stress. The result of a cellular imbalance between harmful oxidants called free radicals and stabilizing antioxidants, oxidative stress can contribute to many serious health conditions, including neurodegenerative diseases, such as Alzheimer's, heart problems and cancer. By boosting antioxidants, weight lifting can help to neutralize this threat. In addition, resistance training helps the body manage glucose levels (you burn through carbohydrates for energy while you lift), which is key for weight management and heart health. The best part? Just three days of weight training a week is enough to reap its many benefits. To get started, try these two moves. Be sure to begin with a weight you can safely handle.

THE AGELESS WORKOUT

Equipment: 8- to 15-lb. kettlebell or dumbbell

Instructions: Perform three sets of 10 reps each



EXERCISE PHOTOS: PER BERNIAL

KETTLEBELL SWINGS

1. Stand with feet hip-width apart. Hold the kettlebell in front of you with both hands, arms relaxed. Bend the knees and shift hips back until torso is nearly parallel to the floor. Let the kettlebell fall between your legs.
2. Press through the feet, engage glutes, and move explosively to stand, pressing hips forward. Maintain a straight spine and strong core the entire time.

SQUAT ROTATIONS

1. Stand with feet hip-width apart, holding kettlebell at chest height (you can grip the sides of the bell if holding the handle is uncomfortable). Bend at the knees, shift hips back and lower yourself until thighs are close to parallel with the floor.
2. Turn hips to the right as you extend legs back to straight, raising the kettlebell overhead as you go. Return to center and repeat. Then switch sides.



BEST-KEPT ANTIAGING SECRET

As Juan Ponce de Leon discovered in the 1500s and high-definition cameras can confirm, there is no Fountain of Youth – or is there? For years, scientists have known about the benefits of human growth hormone, which can help reduce wrinkles, decrease body fat, strengthen bones and increase lean muscle mass. So why isn't everyone using it? HGH injections require a doctor's prescription, cost thousands of dollars and use a synthetic chemical compound that may do more harm than good. But SeroVital-hgh changes all that. Thanks to a specialized blend of amino acids, this dietary supplement, when used in conjunction with a healthy diet and exercise regimen, has been shown to boost the body's natural production of HGH by a shocking 68 percent! And it costs only \$99 for a month's supply. Available at Ulta and serovital.com.



JENNIFER ANISTON, 46

We know she loves the sun (see: countless photos of her tanning in Cabo), but even Jen sets limits in order to protect her delicate skin. "During the winter, I try to stay out of the sun," she says.

GABRIELLE UNION, 42

"In my mid-thirties, I started drinking a gallon of water a day," says the *Being Mary Jane* star.

"It's made a tremendous difference with my hair, skin, and nails."



JULIA ROBERTS, 47

The *Pretty Woman* does something many in Hollywood find impossible: leaves her face alone. "I haven't done any tinkering under the hood," she said recently. "I feel I'm best with a natural look."



FOREVER YOUNG

THESE STARS LOOK EVEN MORE INCREDIBLE WITH TIME – FIND OUT HOW



DIANE LANE, 50

The actress reportedly undergoes acupuncture facials – in which tiny needles are stuck into the face to combat sagging and make skin more resilient. Sounds painful... but not as painful as Botox injections.



HALLE BERRY, 49

When she's not on set or at an event, Halle goes au naturel, sporting nothing more than sunscreen and lip balm. "It's a good chance to give your skin a break," she says. "If you take care of yourself, I think you age gracefully and it all stays together pretty OK."



CHRISTIE BRINKLEY, 61

A vegetarian since age 12, the model now credits her youthful glow to a vegan diet – although, she allows, "Life is too short to not have oysters and Champagne sometimes."

OK!

WHAT EVERYONE

IS TALKING ABOUT RIGHT NOW



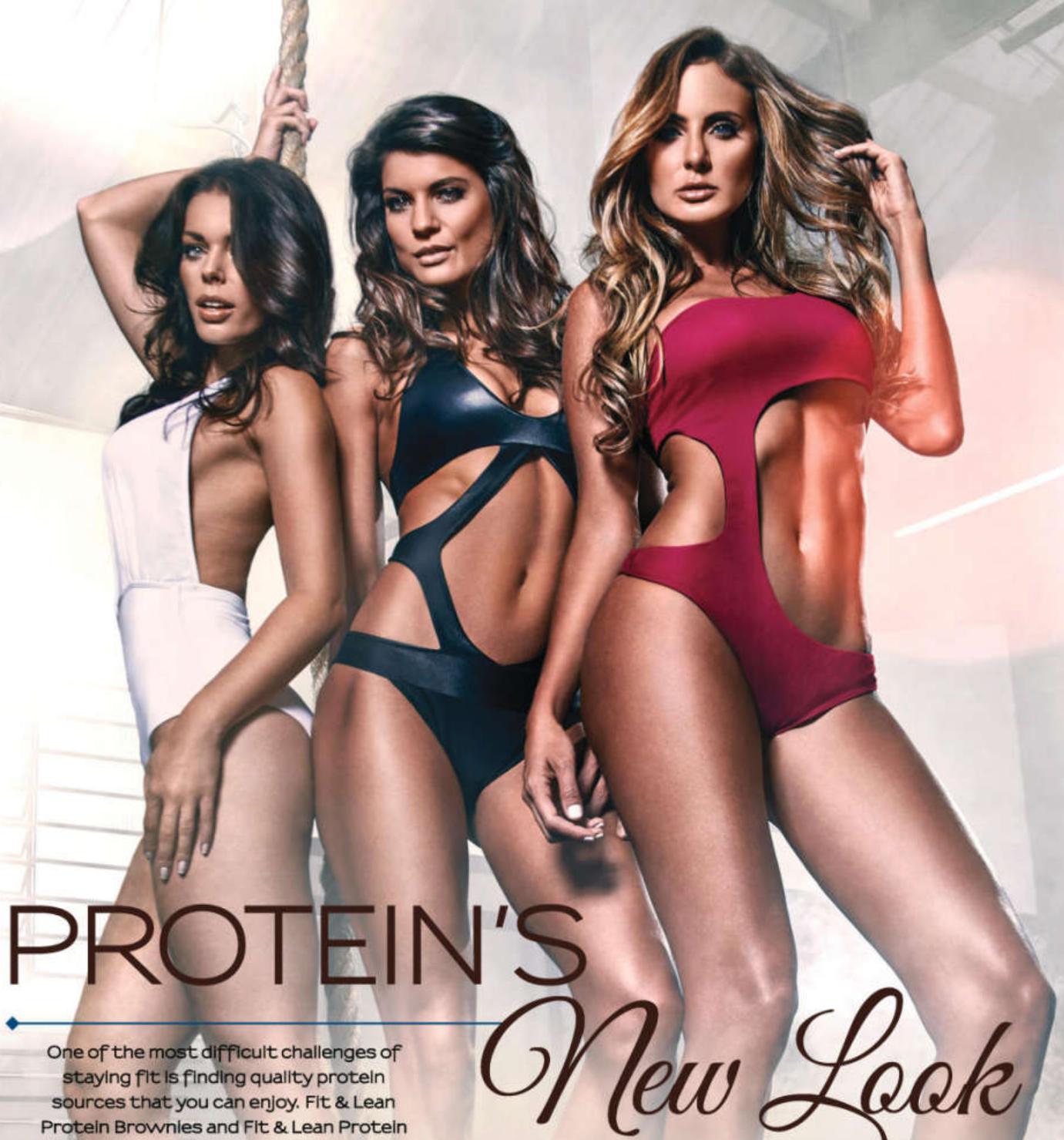
**HER
ACHILLES HEEL**
Despite the
obvious pain they
cause her, Kim
won't ditch her
beloved
stilettos!



KIM FEELIN' SWELL!

A VERY PREGNANT
KIM KARDASHIAN FINALLY
KICKS OFF HER HEELS

We wouldn't want to walk a mile in those shoes either! Though she hasn't toned down her sexy outfits, **Kim Kardashian** shockingly chose comfort over style while in San Diego on Sept. 23. The 34-year-old reality star, who's due in December, sported black stilettos for a night out but later donned a considerably less chic pair of white hotel slippers — and for good reason: The strappy heels' crisscross design was embedded in her swollen ankles! Nonetheless, we're sure we'll see Kim teetering in heels till Christmas.



PROTEIN'S New Look

One of the most difficult challenges of staying fit is finding quality protein sources that you can enjoy. Fit & Lean Protein Brownies and Fit & Lean Protein Pudding give protein a new look for your new look! Indulge yourself with rich and creamy pudding and delicious soft baked brownies, each providing 15 grams of high quality protein in a convenient low calorie snack. Protein never tasted so good!

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INSTAGRAMS OF THE WEEK!

SEE WHAT YOUR FAVE CELEBS ARE POSTING



INSTAGRAM/@JILLDILLARD

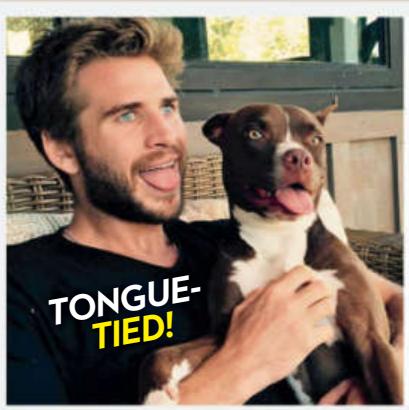


INSTAGRAM/@EVALONGORIA



INSTAGRAM/@SHAYM

SHAY MITCHELL enjoyed the view of the Statue of Liberty while taking a boat ride.



INSTAGRAM/@LIAMHEMWORTH

LIAM HEMSWORTH got goofy and mimicked his furry friend's expression.



INSTAGRAM/@KATEHUDSON

KATE HUDSON took to the seas and chowed down on cheese puffs.

THE HOME IS ACTUALLY TWO STRUCTURES CONNECTED BY AN INDOOR BREEZeway.

JENNIFER LOPEZ'S **CALI COMPOUND**
THE STAR'S RITZY RESIDENCE IS LISTED FOR \$14.5 MILLION

LOCATION Hidden Hills, Calif.

BEDROOMS Nine

SQUARE FOOTAGE 17,000

GETTING GLAM An at-home hair salon and a 35-foot-long walk-in closet have surely helped J.Lo nail it on the red carpet!

SOUND BITES

CELEBRITIES SAY THE DARNEST THINGS



"I THINK THE MEDIA BLEW IT UP. WE'RE NOT BFFS. WE'RE JUST 'F'S, BUT WE'RE REALLY GOOD 'F'S."

— AMY SCHUMER, ON HER FRIENDSHIP WITH JENNIFER LAWRENCE

"THEY EITHER LOVE ME OR ARE RUNNING FOR THE HILLS... MOSTLY RUNNING FOR THE HILLS."

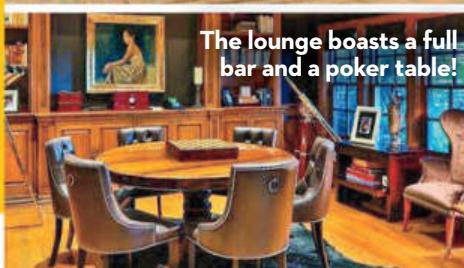
— DAKOTA JOHNSON, ON MEN'S REACTIONS TO HER AFTER FIFTY SHADES OF GREY



Wash your worries away in the large swimming pool or hot tub.



Work up a sweat just walking around the palatial gym!



The lounge boasts a full bar and a poker table!



The family room has a staircase that leads to a wine cellar.



The kitchen features marble countertops.

"Just say Yes!"

— Fran Drescher, Actress, "The Nanny"



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GROOMING
PRODUCT

Survey of 40,000 people by TNS



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instant, painless hair removal

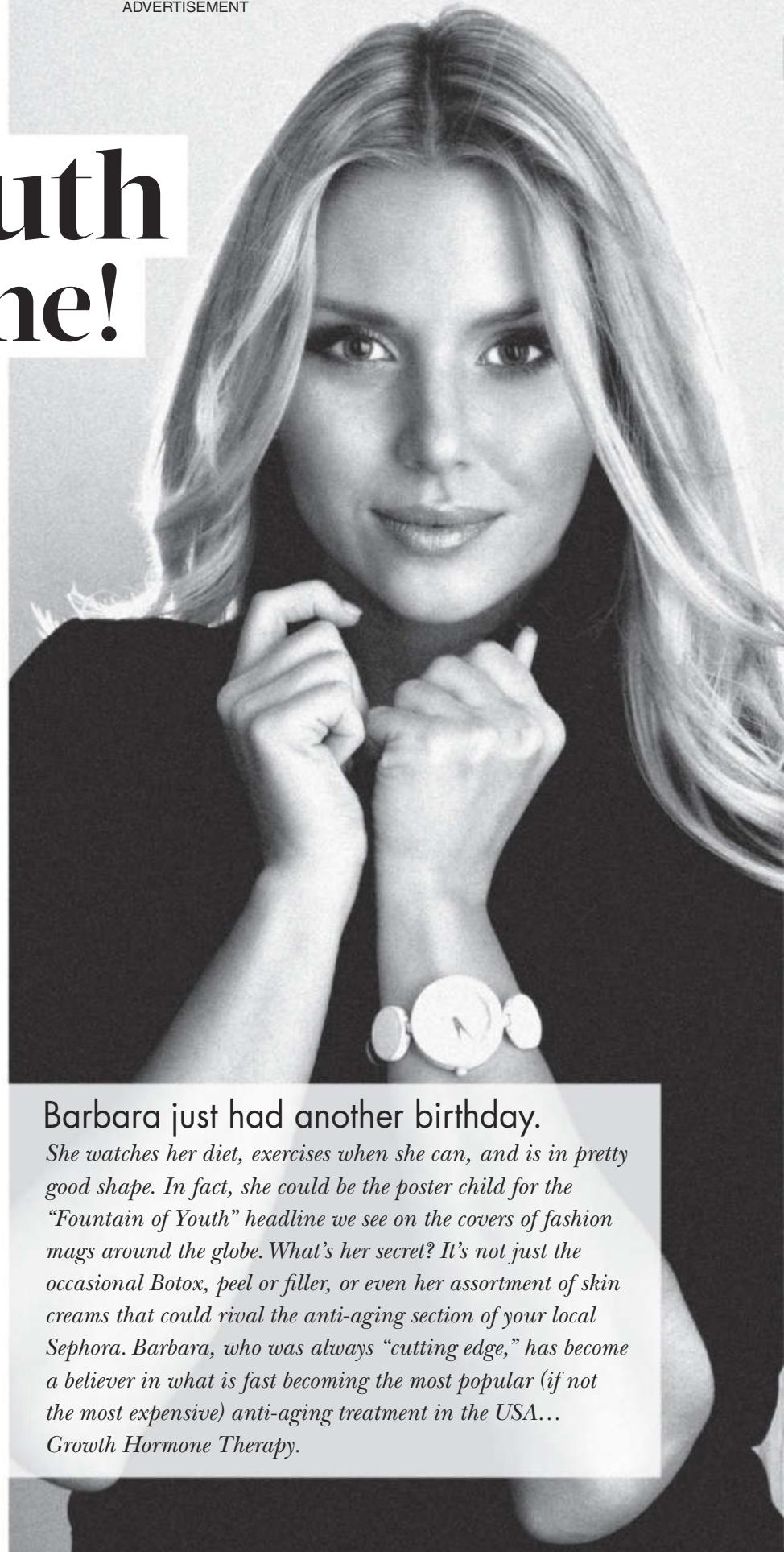
Available at FinishingTouchYes.com
Bed Bath & Beyond, CVS,
Rite Aid, Walgreens,
Ulta and Walmart

ANTI-AGING Update

The Youth Hormone!

It has been called the "Fountain of Youth" ... But can it really reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give you plenty of energy, get rid of wrinkles and tighten saggy skin?

it seems everyone is talking about human growth hormone lately. *Shape* magazine began a recent growth hormone article with the provocative lead in: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Allure* magazine, in its "Anti-Aging Special" issue, highlighted growth hormone as its year-end call-out. *Fox News*, *The Today Show*, *CNN*, *ABC*, and *CBS* have all contributed to the current frenzy.



Barbara just had another birthday.
She watches her diet, exercises when she can, and is in pretty good shape. In fact, she could be the poster child for the "Fountain of Youth" headline we see on the covers of fashion mags around the globe. What's her secret? It's not just the occasional Botox, peel or filler, or even her assortment of skin creams that could rival the anti-aging section of your local Sephora. Barbara, who was always "cutting edge," has become a believer in what is fast becoming the most popular (if not the most expensive) anti-aging treatment in the USA... Growth Hormone Therapy.

VANITY FAIR says: “A 20-year-old produces more than twice as much hGH as [she] will when [she’s] 40... hGH, by turning back the body clock, turns back the aging process.”

Why all the fuss?

Simple, hGH disciples... and to many like Barbara, hGH therapy is truly a religious experience... believe hGH can help reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give them plenty of energy, get rid of wrinkles and tighten saggy skin... making them look and feel decades – not years, but decades – younger. Celebrities, CEOs, Wall Street execs, models, housewives, athletes and even some high-ranking politicians all seem to be drinking from the same pitcher of Kool-Aid. There's no doubt about it; in our current fast-paced, “youth-oriented” culture, hGH therapy is hot.

The controversy

The controversy isn't over whether or not hGH plays an essential role in our health and aging (virtually everyone already agrees on that). Instead, the controversy lies in the best way to maintain our body's supply of human growth hormone. Until recently, most felt the best way was through expensive prescription injections (although costs can run as high as \$1500 per month). However, some experts argue against the use of these synthetic injections, because they fear introducing synthetic hGH into the body may upset natural hGH production.

The breakthrough

Because of growth hormone's potential, researchers have spent the last thirty years searching for a reliable, clinically proven way to promote pituitary health, thereby increasing human growth hormone levels naturally. So it's no surprise that when an oral compound capable of increasing mean, endogenous, bioactive, serum (blood) growth hormone levels... by 682%... was presented at the prestigious Obesity



Society's most recent Scientific Meeting in Atlanta, Georgia, The Academy of Women's Health's 21st Annual Congress in Washington, D.C., and then again at The 9th World Congress of Cosmetic Dermatology held in Athens, Greece, it created a serious stir.

The revolution

The formula that was the subject of these research findings is now being sold by SanMedica International™ under the trade name SeroVital. But when

full-blown phenomenon. Even the United States Patent Office has added to the SeroVital mystique by issuing not one but **ten** U.S. Patents to protect the SeroVital formula from imitators.®

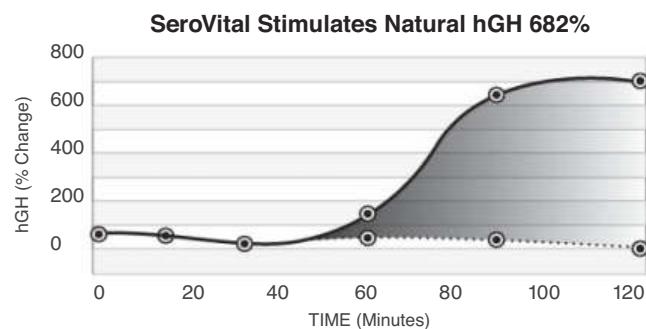
Thanks to the release of SeroVital, the hGH revolution has finally arrived. Now that there's an easy-to-swallow capsule that can raise growth hormone naturally, an awful lot of people have stopped asking if they should be increasing their hGH levels and started asking which hGH-boosting option is right for them.

SHAPE says: “When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow.”

it was disclosed on national television that “a recent study [on SeroVital-hgh] showed patients given a special blend of amino acids saw their hGH levels spike more than 6 times...” and the internationally famous medical TV show host added, “I have been searching for this from the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections,” you can imagine the frenzy he created. Before long, SanMedica was having trouble keeping SeroVital in stock. It went from underground sensation to

Is it worth it?

To me, anything that may reduce wrinkles, tighten saggy skin, decrease body fat, increase lean muscle mass, strengthen bones, and boost mood, while giving you plenty of energy and improving sex drive, is a no-brainer. However, make no mistake about it, the “established” medical community (and of course, they know everything) would say its benefits are largely anecdotal, and based on research that's preliminary. But there's no denying that something that has a chance of making you look and feel decades, not years, but DECADES, younger, is... at the very least... irresistible. Frankly, I'm ready to try it... How about you?



So what's the catch?

Dr. Amy Heaton, PhD, Director of Scientific Affairs for SanMedica International, says: “There are three. First, as with hGH injections, SeroVital is not a ‘magic bullet,’ but one part of a healthy lifestyle choice including a sensible diet and exercise regimen.

“Second, for proper absorption, you have to take SeroVital-hgh on an empty stomach. That means you either have to take it first thing in the morning and then not eat anything for two hours, or take it at night, at least two hours after your last meal... before you go to bed.

“And last but not least, while SeroVital is far less expensive than prescription hGH injections, it's still not cheap... SeroVital will cost you about \$100 a month.”

Where can I get it?

Having a hard time finding SeroVital-hgh? It's currently available at all Ulta stores, Kohl's, and select GNC locations. Over the next few months it will be available on a limited basis at prestige retailers across the U.S.

Featured Product!



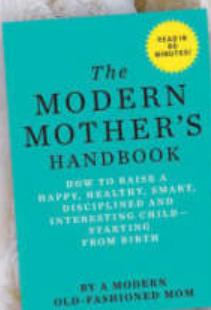
Can't wait? You can order it directly from SanMedica International by calling 1-800-563-0853 or visit their website at www.SeroVital.com. Use the promo code HGH342 at checkout and shipping is free!†

OK! HOT THIS WEEK

THE TRENDS A-LISTERS ARE LOVING



Even Kate
needed this
indispensable
parenting
bible!



BOOK SMART

Duchess Kate may make mothering look effortless, but the mom of **Prince George**, 2, and **Princess Charlotte**, 5 months, is proving she's just like any busy parent — grateful for all the help she can get! After receiving *The Modern Mother's Handbook* — a concise guide chock-full of no-nonsense parenting tips, written by a mom of two — as a gift, an "extremely grateful" Kate took time out of her palace duties to send a thank-you to the author. How royally gracious! Available at amazon.com



DEALS ON THE GO

Padma Lakshmi always looks like a million bucks, but she's not above a bargain! While in NYC recently, the *Top Chef* host learned about the *RetailMeNot* app, which offers daily deals and coupons — and the promise that you'll never have to miss another can't-miss sale!

BETTER THAN BOTOX

This moisturizing skin serum may sound like it belongs on an episode of *Game of Thrones* rather than your bathroom shelf, but Nip + Fab Skin Dragon's Blood Fix Plumping Serum actually utilizes tree sap and hyaluronic acid (not the blood of mythical creatures!) to keep skin impossibly soft and luscious. \$19.95 at CVS



WHERE THE SOUTH OF FRANCE MEETS THE PACIFIC

As if Beverly Hills' Sofitel wasn't glam enough, its Esterel Restaurant feels like a chic French getaway. The new patio features a Provençal-inspired herb

garden, fountains and dreamy fresh flowers. Nosh on chef Victor Boroda's cuisine while spotting celebs, including regular **Whitney Port**!



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It's a simple idea. **Pure water, packaged better.** That's why we created **Boxed Water**. It's an everyday choice that **reduces plastic waste**. Inside our renewably sourced carton is crisp, clean and refreshing water thanks to our **proprietary 5 step filtration process**. It's water you can feel good about. Pure and simple.



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FALL'S BEST ACCESSORY FOR THE SEASON

Accessorize this fall with your crowning glory...gorgeous hair! Keep hair strong, shiny and beautiful throughout the pre-holiday and Holiday season with the **micro-enriched protein** shampoo and conditioner from the **Original Mane 'n Tail**. A hair-care system that will cleanse, hydrate and give hair the ultimate body and manageability that you are looking for. Discover the secret for keeping hair healthy, long and luxurious!

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GLYCOLIC PADS EXTREME

A superstrength set of **exfoliating wipes** packed with Glycolic Acid, Salicylic Acid + Lactic Acid. These pads target oily + congested skin + are ideal for your weekly treatment to **bring the skin back to life + decongest clogged pores**.



Available from CVS, \$15

A-LIST

HOT NYC NIGHTCLUB

Haus is New York's premier nightlife experience, nestled between Tribeca and SoHo at 285 West Broadway. Nothing has been overlooked in the eclectic design which **combines uptown glamour with downtown chic**. The anatomy of luxury boasts a **lavish three-tiered VIP seating section** with plush saffron leather banquets, 34-foot tiger's-eye gemstone bar, original exposed-brick walls and a **custom million-dollar LED chandelier**.

Go to www.haus-nyc.com for more information.



DJ TOM MACARI

Tom Macari can be found behind the turntables as resident DJ at NYC celebrity hotspots like Avenue, Catch and Haus. With his **diverse musical skill set**, Tom also lends his open format touch to numerous fashion and lifestyle events. Boldface brands include NBC, Esquire, Veuve Clicquot and Muscle & Fitness, to name a few.



For the latest updates:
thedjtm.com

ROB LOWE BY THE NUMBERS

FUN, FAST FIGURES
ABOUT YOUR FAVORITE
CELEBRITIES

3

Stories I Only Tell My Friends
ROB LOWE

Position his memoir, *Stories I Only Tell My Friends*, hit on *The New York Times* Best Sellers list in 2011.



30

Dogs the actor says his family rescues and finds homes for every year and a half.

1988

Year he recorded himself having sex with two women in an Atlanta hotel room during the Democratic National Convention.



20

Number of rooms in Rob's Montecito, Calif., mansion (next door to Oprah's!), which he listed in 2013 for \$42 million.

25

Years Rob has been sober, an accomplishment he credits to his wife of 24 years, Sheryl Berkoff, whom he says inspired him to get clean.



4

Seasons he played Sam Seaborn on *The West Wing* before leaving over pay disagreements and his character's diminishing role.

10

Age Rob was when he knocked on Liza Minelli's hotel room door when she performed in Columbus, Ohio, (near his hometown of Dayton) and told her he wanted to act.



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#ThisIsRiRi